THE TRUE WITNESS AND CATHOLIC CHRONICLE.



Mothers and fathers, remem children are like the plate of the camera. The objects you put before it, whether noble or paltry, will be imprinted on it. What kind of impres-sions do you want engraves sions do you want engraven there?

************* + + +

OLD IRISH PROVERBS.

rare jewel is the most prized. The A blind man is no judge of colors. When the cat is out the mice dance Even a fool has luck. A mouth of ivy, a heart of holly. The historian's food is truth. There is often anger in a laugh. A good dress often hides a deceiv-

Fame is more lasting than life. A foolish word is folly. Lay up in time. Mild to the meek. Cat after kind. Force overcomes justice. Hope consoles the persecuted. The satisfied forget the hungry. Long sleep renders a child inert. It is difficult to tame the proud. Idleness is the desire of a fool. Look before you leap. He who is out, his supper cools, The memory of an old child is

long. Everything is revealed by time. Everything is revealed by time. A cat can book at a king. Learning the desire of the wise. Character is better than wealth. Without treasure, without friends. A hungry man is angry. No man is wise at all times. Every dear article is woman's de-re wisdom exceeds strength.

Wine is sweet; to pay for it bitter Sleep is the image of death. Enough is a feast. Death is the physician of the

poor. Every flatterer is not a friend.

* * * THE UPLIFT OF SUNSHINE.

Sunshiny persons and places are a reflection of heaven. One of the new Canadian provinces goes familiarly by the name of Sunny Alberta. Immigration promoters make use migration promoters make use of this charming epithet to attract new settlers, and to it they attribute much of their success. Albertans are so won over by the many bright days that, even in their summer snow storms, they twit one another pleasantly with "Sunny Alberta." Some soul or other in our circle of contact is always abivering in life's contact is always shivering in life's contact is always shivering in life's summer snow storms, though he hide it Aike a hero; and he needs sun-shine to warm him up. Are we giving it to him? What is the per-sonal climate that we radiate? Does he catch any sun and cheer and health from us? Does he think of us at all in his heart's hard wea-ther's the there here the store of the store here there here the store of the store here the store of the store of the store here the store of the store here the store store here the store here the store here the store here t ther!-Exchange.

HOW TO CLEAN MATTING.

How To CLEAN MATTING. One way is to sweep it twice, first with the grain of the texture and then across the grain, the second time using a soft broom dipped in warm water with a little borax. If there are any grease spots on the matting cover them with chalk mois-tened with turpentine. Let the chalk remain on the spots for 24 hours or more, then brush off. It is better, if possible, to have the matting strips sewn together like a carpet rug and bound on all sides with coton tape. It may then be secured every few feet with matting tacks. Thus, when the room is

The magnesia absorbs the dust or rease, which is thus shaken out of If it is not all removed before wearing, the powder left will go on absorbing dust from the air with which it comes in contact, leaving a

which it comes in contact, leaving a dirtier spot than before. It is a good plan to put the mag-nesia on party dresses and other light frocks that have become part-ly solled when putting them away whether they need to be cleaned or not. Then when they are taken out and shaken they are as fresh and and shaken they are as fresh dainty as when they were new. and

* * *

Value of Newspapers in the Home.

Aside from covering pantry shelves and wrapping up garments in the spring, as a prevention from moths, writes Miss Martha Frances Ran-kin in the New York Observer, I whiles miss marting Frances Ran-kin in the New York Observer, I the secret of the almost inestimable find very few housewives who know value of the every day newspaper in the home. It is interesting, as astonishing, to learn of the various and multiform uses housemothers either devised themselves or have either devised themselves or learned from their clever neighbors how to make use of the accumula-tions of this once regarded house-hold nuisance, but to-day recognized in many homes that the saving of the deily accumulation of the accumulathe daily newspaper is true economy of dollars and cents.

of dollars and cents. When strolling through the rural districts during the canning season, at its height, I learned that screen doors, important as they are as ap aid for keeping out flies from the kitchen, are not infallible. The little pests find their entrance in spite of cere and caution every time the care and caution. door is opened. One woman, ever, devised this scheme, wh ever, devised this scheme, wh and most successful: Upon door was tacked care and caution every time the door is opened. One woman, howthe which ever, devised this scheme, which proved most successful: Upon her kitchen screen door was tacked a deep fringe of several thicknesses of newspaper. The fringe was about 18 inches long and stretched across, the width of the door. Every time the width of the door. Every time the door was opened the paper fringe fluttered and rattled most loyally, and not a fly dared to approach, al-though the odor of fruit and spice was most alluring.

FINE FILLING FOR CRACKS.

Newspapers soaked to a pulp are fine for filling up cracks in floors or apertures from old nail heads. While wet fill the crevices, and when the pulp is dry go over it with a floor

varnish. Nothing protects ice from melting too rapidly in refrigerators more than wrapping it in newspapers. One than wrapping it in newspapers. One must see that the paper does not get into the drain pipe, but with ordinary care this will not happen. However, an extra covering of flan-nel or thick cloth will payent trou-ble, and aid in keeping the ice. I know a lady who tells me she has no trouble in keeping eggs and lemons a long time fresh by doing each up carefully in wrappirgs of newspaper. Ladies who prefer thin shoes to heavy soles keep their feet protected from the damp and frost by placing paper soles inside their shoes dur-ing the coldest months of winter. The newspaper sole has an advant-

ing the coldest months of winter. The newspaper sole has an advant-age over woollen cloth, inasmuch as it does not crowd the foot. Kitchen stoves may be kept in good condition and creditably well blackened, if, after the first polish on clean-up day, it is well wiped with newspaper each following day theough the week

balk remain on the spots for 24 hours or more, then brush off. It is better, if possible, to have the matting strips sewn together like a carpet rug and bound on all sides secured every few feet with matting tacks. Thus, when the room is thoroughly cleaned once or twice a month, according to the dictates of the housekeeper, the matting may be rolled up like a rug without any injury, to itself, and the quantity of dust which insvitably sifts through the interstitches of the texture may be cleaned from the lining or bare floor without any trouble. Heavy grass matting does not require -the floor boards. Nothing may be cleaner or daintier looking than -a matting floor covering, while in reality nothing may be duster of the noom. If may be a sieve for fine particles of dust, and aired retains dampness for a great length of time and eventually be comes mouldy and odoriferous. $\frac{+ + + *}{MAGINESIA}$ Tor cleaning laces and delicate far brick magnesia is perhaps the most

frequently changed for cleariness This is very important, to prevent sourness from accidents from spli-ling. Therefore, the newspaper sub-stitute for straw has proved equally practicable and more desirable. Any clever woman may provide herself with one of these boxes at small cost. A common dry goods

herself with one of these boxes at small cost. A common dry goods box will answer. It should be at least thirty-six anches long and twenty inches deep, and the same in width. It should be provided with a cover, which may be attached to the box by means of leather hinges. The best home made one that I The best home made one that

have seen is lined throughout with have seen is fired throughout with asbestos paper, having been padded well beforehand with old paper. The asbestos is secured with brass nail-heads. The box on the outside was covered with denim, but this, to my mind, is not desirable, as many spots are liable to occur. The bare box is more busicenic as it may be box is more hygienic, as it may be scrubbed throughout and placed in the sunshine to dry and sweeter whenever necessary

DON'T DESTROY NEWSPAPERS

To the house-mother who does he own work the "cooking-box" is a delight, if not a thing of beauty. She may start her dinner on the fire and when partly cooked may trans-fer it to the box, cover securely, fer it to the box, cover securely, and then pack newspapers snugly and generously around the dish, or pot, and put down the box cover. Her dinner is safe from burning, while she may turr, her mind to other home duties or even go out shop-ping with impunity. A lady who has had considerable

A lady who has had considerable A lady who has had considerable experience with the cooking-box con-fided to me her way of preparing chicken. After drawing and clean-ing it she cuts it into pieces and browns it in frying pan with the chicken fat; as each piece is browned she puts it in a kettle with a lit-tle boiling water; when all is browned she adds enough hot water to cover, and let all boil twenty to cover, and let all boil twent places in box, well covered and well wrapped with paper, and then packs minutes paper in every possible crevice, around and on top, leaving it till chicken is tender. Here it may remain till dinner time, and be served hot. Vegetables may be treated the

Don't destroy your newspapers

+ + + ADVICE TO CATHOLIC WOMEN.

Dr. Turner, of the Catholic University thus advised Catholic wo-men in an address given at Trinity College: "You can dominate in the best

nse the society in which you live, ad bring the Catholic name into sense the society in which you live, and bring the Catholic name into that honor which is its due. But you will need courage, moral cour-age. Other ideals will be supported by prestige, by the influence of great names, by the traditional veneration of great colleges and universities. The forces at play will be subtle, intangible; but they are such forces as you, educated Catholic women, are competent to deal with in the as you, educated Catholic women, are competent to deal with in the most tactful manner. Do not take second place to any one. The pre-miership of ideals, as well as of ideas, is yours, if only you have the courage not to decline it. The first place is yours by all the courage not to decline it. The first place is yours by all the sa-cred traditions of the Christian cred traditions of the Christian name, by all the prestige and all the grandeur and all the noble services to humanity of the Church which has civilized, educated and uplifted the human race for two thousand years. Compared with the venerable authority of the Church, what is the power of a college a university a

authority of the Church, what is the power of a college, a university, a school of thought? You have had all the advantages that others have had, and in addition you have had the singular advantage of a Catholic training. Therefore, I do not hesi-tate to say to you, do not yield first place to ary one. Whatever missivings you may have whatever misgivings you may have, whatever misgivings you may have, whatever, fear may assail you, set it down as a fear unworthy of you, as a fear imposed upon you by the tactics of those who have not had a training such as yours."

THE FRUIT CURE. According to a health expert, blanched almonds give the higher nerve or brain and muscle food, and the man who wishes to keep up his brain power will do well to include them in his daily bill-of-fare. Juicy fruits give nerve or brain food, and are eaten by those whose living de-pends on their clearheadedness. Ap-ples supply the brain with rest. Prunes are said to afford proof against nervousness, but are not ples supply the brain with rest. Prunes are said to afford proof against nervousness, but are not muscle-feeding. They should be avoided by those who suffer from the liver. But it has been proven that fruits do not have the same effect upon everybody. Some men cannot eat apples without suffering from acute dyspepsia. "Fruit cure" is a form of treatment which is quite the rage in continental Eu-rope now with persons suffering from real or imaginary maladies. The

rope now with persons suffering from real or imaginary maladies. The New York Times says: "In the tenth century, many medical antho-rities became enthusiastic in their writings over the remarkable cur-ative virtues of grapes; while a cer-tain Van Sweeten, of a more mo-dern date, is said to have recom-mended in special cases the eating of twenty pounds of strawberries a day. The same gentleman also re-ports a case of phthisis healed by strawberries, and cites cases in which mahiacs have gained their reason by the excessive use of cherreason by the excessive use of cher-These instances savor of the ries. ridiculous, but there is no doubt on shapes of straw or reductions, but there is no doubt that the so-called grape cure for in-digestion and other evils is carried on in many places on the continent, and that people take themselves to Merar, Veray, Bingen or to Italy and the south of France with the intention of departure is weeken to leather or stitched cloth. thing which the fashionable wo-man is recommended to abstain from if she is going out in the comand the south of France with the intention of devoting six weeks to the cure, during which time they are expected to have gradually ac-complished the feat of consuming from three to eight pounds of grapes daily. Grapes are said to exercise a salutary action on the nervous system and to favor the formation of fat—that is to say, when fruit of good quality is employed; if the of fat—that is to say, when fruit of good quality is employed; if the grapes are not sufficiently ripe and are watery and sour, the patient may lose rather than gain weight. The valuable results obtained by a twist dist in exceed of dreprof a creation. The valuable results obtained by a fruit diet in cases of dyspepsia are due to the fact that the noxious germs habitually present in the ali-mentary canal do not thrive in fruit juices. That fruit is a most valuable article of food cannot be denied, and that many diseases may be greatly benefited by a diet largely composed of fruit is true enough. It is a fact, too, that the majority of people eat more meat enough. It is a fact, too, that the majority of people eat more meat than they require. Meat eaten once a day is sufficient for a person not engaged in manual labor or who does not take much strong outdoor exercise. A large number of the complaints contracted owe their ori-gin to the consumption of food complaints contracted owe their ori-gin to the consumption of food which entails a greater drain on the gastric juices than the system is able to withstand. The cures at-tributed to the grape occur for the most part with those who are ac-customed to high living, and are really owing to the fact that the organs of digestion are given a much-needed rest. Semi-starvation would answer the purpose just as would answer the purpose just a

well. For the person whose work lies chiefly indoors, a mixed and varied diet is most conducive to good health —Medical Record.

Soft Leather Suited For Inner Binding on Skirts. Proper Garments for

General Outdoor Sports.

Petticoats are best reserved for evening wear; satin knickerbockers will be found far more comfortable and convenient in every way. It is also well to tell one's tailor to put a deep border of soft leather inside the hem of one's skirts, which can be easily sponged and is far more easily kept clean than an or-dinary hem of tweed. The leather also gives a better hang and swing to a short skirt, so it has everything to recommend it. The chird thing to remember as more

The chief thing to remember as re-



felt.

POET'S CORNER Anothe

> THE FUTURE-HOW WILL IT BE? If the Future could open its pearly

THURSDAY, SEPTEMBER 30, 190

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Hahed March 6th,

ated 1868; Meets

ated 1863; Meets Hall, 92 St. Alex Monday of the m meets last Wed Rev. Chaplain, F Shane, P.P.; Pree Kavanagh, K. C.; dent, Mr. J. C. A President, W. Treasurer, Mr. W sending Secretary

ponding Secretary mingham; Recordin T. P. Tansey; As cretary, Mr. M. H shal, Mr. B. Cam shal, Mr. P. Cons

Synopsis of Canad

HOMESTEAD F

or, Banque di

and the Future could open its pearly gates, And reveal to my eyes all its sha-dow and light, Would I see stretched before me a passage of glory. All strewn with the laurels of honor and might?

would my pathway lie steep and forbidding, Made dread by the phantoms of fail-ure and loss. Till life, o'ercome in the struggle un-

equal, Would sin sink 'neath the weight of its burder.some cross?

the Future could fling back its curtains so dark And show to my vision the picture of life, Would it rest in the golden frame of

joy, Undim ed by the dust of toil and

would the setting be one of sor-

row, sombre black frame of pain and A grief. All dulled by the tears of ceaseless

anguish, And the pangs of a heart that could find no relief?

If the Future could lift the mists

And show me its days in Truth's clear light, Would life be write

with years Made glad by sweet acts of virtue and right?

Or would Death's grim angel be waiting to lead My soul through that mystic valley

of night, Where the shadows grow dimmer and

fade away, 'Neath the silvery rays from the summit of light?

HOMESTEAD F ANY even numbered mion Land in Maan wan and Alberta, ex ast reserved, may be any person who is i family, or any male age, to the extent of the statistic statistic family, or any male age, to the extent of the statistic statistic family of the statistic famil But why do I speak of that Future unknown? Its portals forever are closed to me, And its curtains are drawn, and And its curtains are drawn,

thick hang its mists, Since such is the Master's uncharg-ing decree.

For God, Who is Infinite Wisdom and love, Has hidden from men His plans so just, That we, who tread the narrow paths, May perfect in Him our faith and trust.

So unto His tender and watchful care, commit my life with its days Ic

And I fear not the Future, for Who is Truth, Will guide my steps and abid

Deputy Minister N.B.--Unauthorise this advertisement

HEAD

In all cases of head to do is to unload t relieve the afflicted full blood vessels of the same time to p system, re-establish mote digestion and i body.

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The homestander is orm the conditions with under one of

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(1) At least aix upon and suit/vatic such year for three (2) If the father the father is decease witewide resides upon winity of the inner requirements as to switisid by such with the father or (3) If the settle suit residence upon



pany of sportsmen, and that is strong perfume. Many women are terrible sinners in this respect, and drench their garments with mixture which may be tolerable if faintly

drench their garmerts with mixtures which may be tolerable if faintly guessed at, but are absolutely of-fensive when used in such quantities that one could "run a drag" after such sinners with as much ease as if they had a red herring in the heel of their boots or a rabbit-skin soaked in aniseed in their pockets. It makes any true sportsman utter curses not loud but deep when he finds the exquisite pure air blowing finds the exquisite pure air blowing up the corrie from the loch or com-ing honey-laden with sweetness over the moor, tainted and spoilt by the emanations of mis-named produc-tions of chemical laboratories which

tions of chemical laboratories which surround like an aura the lady who has elected to share his butt and admire his shooting. The abuse of perfumes is as great a proof of vul-garity and bad taste as the abuse of diamonds by day; and on a High-land moor or deer forest it simply becomes a crime. becomes a crime. Serge and tweed are the best m and the latter is more to be recom-mended than the former on account of its broken surface, and the beautiful mixtures of colors which now be obtained in many kinds car of

now be obtained in many kinds of tweeds. A heather mixture will stand the rough wear of an outdoor life far better than a smooth cloth or a uniform-colored serge, on either of which every stain shows, while smooth cloth even spots with rain. An excellent model for a Highland dress of tweed is a short-skirted minsfore frock with a coat to match An excenent model for a Highland dress of tweed is a short-skirted pinafore frock with a coat to match which should not be as long as the Southern coats claim to be this year, for a long coat is cumbersome to walk in as it binds round the knees. The pinafore model is to be recommended rather than a belt as recommended rather than a belt as a finish to the skirt; for belts are What is Worn in Paris. a finish to the skirt; for belts are not always to be depended upon not to let a shirt slip up or a skirt slip down, and the hiatus thus caused is grievous to the beholder. The pina-fore does away with the belt, is always neat, prevents the figure looking as if cut in two between the dark skirt and white shirt, and, if properly built on easy not tight-file. properly built on easy not tight-fit-ting lines--décollé, in fact, to use

ting lines-décollé, in fact, to use the expressive, but untranslatable French word-it admits. of any amount of strenuous movement on the part of the wearer without ever looking untidy. No better material for sporting costumes could be found than one of, Burberrys' famous game teather tweads which are not only than one of, Burberrys' famous game feather tweeds, which are not only most beautiful in coloring, but are also rain-proof, thorn-proof and dust-proof, and no wise woman will face the Highlands without one of their "Slip-on" coats, for a gar-ment of this kind is an absolute ne-cessity in a sporting kit.

For cleaning laces and delicate fa-brics magnesia is perhaps the most reliable substance. It may be bought either in powder or in lumps. It should be sifted or rubbed on the parts to be cleaned and inid away in a box or drawer for a day or so undisturbed. When it is taken out, the garment should be shaken well so that the powder is thoroughly shaken out of the

A GEM IN THE COOK BOX.

But the crowning delight of the newspaper is its service in the "cooking box." Straw, which was first recommended for the box was found disagreeable on account of its permeasing odor, while the news-paper commends itself for lack of odor and also for the fact that it is always at hand and may be

+ + +

THE BEAUTIES OF NATURE

Those Lomelier wild flowers, which we call weeds ; yellow japanned but-tercups and star-disked dandelions, we can weeks; yearlow japannea but-tercups and star-disked dandelions, lying in the grass, like sparks that have leaped from the kindling sun of summer; the profuse daisy-like flower which whitens the fields, to the great disgust of liberal shepherds yet seems fair to loving eyes, with its button-like mound of gold set round with milk-white rays; the tall-stemmed succory, setting its pale blue flowers allame one after another; the red and white clovers; the broad, flat leaves of the plan-tain—"the white man's foot." as the Indians called it—these common growths which flag themselves to be crushed under our feet and our wheels, making themselves so cheap in this perpetual martyrdom that we forget, each of them is a ray of the divine beauty.—Oliver Wendell Holmes.

The chief thing to remember as re-gards day wear in the Highlands is that it should be absolutely simple and workmanike. In many of the smaller shooting lodges simplicity also reigns as regards evening wear, and two or three tea-gowns and bridge coats will be amply sufficient especially with a couple of ball gowns in reserve, should any "meetings" be within reach. On the other hand, there are many shooting parties in the highlands where the dressing for tea and dinner is on every bit as sumptuous a scale as in Londor during the season; and this means trunks galore, and trans-forms what should be a restful time of freedom and early hours into a repetition of what we have already had a surfeit. But whether sim-plicity or sumptuousness prevails at might there is no question of

repetition of what we have already had a surfeit. But whether sim-plicity or sumptuousness prevails at night, there is no question of the absolute triumjh of the former by day. Short skirts, plain coats, neat low-heeled shoes or laced boots, lawn shirts whose only ornament is a kilted hem-stitched frill down the front, without any sign of em-broidery or lace, and only such ne-cessary jewellery as a set of sim-ple shirt studs and cutf links (if de-sired) and a tiny watch are the rule. Even suède or kid gloves should be eschewed in favor of loose Saxe or Biarritz or dogskin, added to which the gloves should be loose-fitting and easy to pull off or on. A neat en-bout-cas with a quaint handle should take the place of fluffy sumshades, and even the hand-kerchief should be guiltless of much embroidery or lace, the only con-cessions as regards the latter being the tiny border of kilted net, which



give such prompt relier that no one need suffer. Mrs. Arthur Mason, Marlbank, Ont., writes:---"Just a few lines to let you know what Milburn's Heart and Nerve Pills have done for me. I have been troubled with weakness and palpitation of the heart, would have severe choking spals and could acareely lie down at all. I tried many remedies but got none to answur my case like your pills did. I can recommand them highly to all with heart or nerve trouble." Price, 50 ents per box, or 3 hours for \$1.25, at all dealers, or mailed dimes for \$1.25, at all dealers, or mailed dimes for strongt of price, by The T. Milbura Ca. Lizzited, Terouto, Ont.

Co-morrow never comes? Be't as i may; Yet dreaming still of its elusiv charm, fay nerve us through reality's To day; And if it comes not ever-where the harm? May To-morrow never comes? Aye, con to stay, When at the last, Time ceases for each one; And at its edge, who so life-tired

to say, Without regret: "This old day is done"?

So let us plan our fair To-morr And build our palaces of Love a Fame, And if To-morrow laughs at all dreams, Our toil to-day shall turn laugh to shams! Stophen Chalmers, in New F

will remove the cause restore the system to buoyant vigor. Mr. J. Priest, Any "I was troubled with years and tried almo-out results, until at ty Burdock Blood bottles, but before 1 was completely sure too much for B.B.B For sale at all des Say by The T. Mi Teressie, Out