

HOUSE AND HOME

CONDUCTED BY HELENE.

A PRAYER IN THE DARK.

I stretch my hand out through the
lonely night,
My helpless hand, and pray Thee,
Lord, to lead
My ignorant steps, and help me at
my need;
Far off from home, pity my hap-
less plight,
And through the darkness guide me
on to light!
I have no hope, unless my cry
Thou heed—
Be merciful; for I am lost indeed
Unless Thy rising sun the darkness
smite,
How can I find, who know not how
to seek?
Kindle my soul, enlighten my dull
mind;
My heart is heavy, and my faith is
weak—
A stone am I, and deaf and dumb
and blind—
Unhelped of Thee my footsteps help-
less stray—
Have pity, Thou, and lead me to the
Day!
—Louise Chandler Moulton.

WINTER PLANTS FOR SUMMER GARDENS.

While winter winds are howling,
headway can be made for next
summer's flowers.

Send, if you have not already done
so, for catalogues from two or
three first-class seed houses. In Ja-
nuary and February study them care-
fully, make out and send away the
order.

If you're an amateur don't send a
big order. Better two or three
beds well cared for and producing
fine flowers than a dozen beds poor
and scraggly.

Unless you have plenty of time,
do not go in for plants that require
a great deal of attention. A slip
or two in the care of them may
spoil it all and cause you great
disappointment.

True Witness

Paris Patterns

PATTERN COUPON.

Please send the above-mentioned
pattern as per directions given
below:

No.
Size

Name and address of person to whom
send pattern

Address in full:

Plan out your beds before you
order your flowers. Be sure to se-
lect flowers that harmonize in color.
For instance, do not put dwarf pas-
turtiums in the same bed with pe-
tunias—that is sometimes done by
people who have not thought of the
matter.

In general, blues and yellows are
pleasant together, so larkspur, ager-
atum, thunbergia, platycodon, can-
terbury bells, bluebells, are well
enough any of them, with any of the
following: Yellow nasturtiums, mari-
golds, perennial alyium, coropsis,
buttercup and arnica. Among the
fall plants sometimes used for
hedges, yellow golden-glow and the
tall perennial blue delphinium are
good together.

Red flowers are not difficult with
others if you will only be careful to
use plenty of white flowers between,
but be careful never to use common
crimson or scarlet red in the same
bed with bluish or magenta red (like
the petunia). Keep that color by
itself.

In February start seeds of perennials
in the house, and they will
bloom the first season, something
they will not do if you wait until
their seeds can be planted out of
doors.

In March start in the house such
annuals as you wish to bloom early,
and the minute the ground will
take a spade, put in your sweet
peas.

THE ONE-PIECE GOWN POPULAR THIS WINTER.

Each week gives added popularity
to the one-piece frock. It really is
cut in two pieces, but that's a mere
detail. The gown is the thing this
winter.

A coat suit is all very well for a
workaday world or busy hours, but
when one is in the house or going
anywhere where friends are gather-
ing together, the one-piece frock is
the correct costume.

Over it can be dropped a long coat
of cloth, satin or fur, which is dis-
carded at the house.

These gowns are made of such
soft cloth that one of them was run
through a bracelet as a test. It was
a dull pink messaline, with a full,
floppy, untrimmed skirt and a di-
rectoire jumper.

Others are made of navy blue,
black, catawba and wistaria satin
and satin cloth. There is no lining,
but a great many buttons.

In some of them a shallow guimpe
with long sleeves is attached but the
majority are made up without
guimpes.

While they vary in trimming, the
general lines are made the same,
straight, high-waisted skirt, narrow
short-waisted blouse, small square
sleeves and shallow round neck.

These gowns are so soft and plia-
ble that they can be put in a travel-
ing bag without being mussed.

There has never been so becoming
and fashionable a costume which
will take up so little space and
have so little weight as this new
one-piece frock.

The idea is carried out in every-
day indoor frocks made of soft wool-

ons, summer chevots, plaid cash-
meres. The skirts are cut short and
wash guimpes are worn under them.
No belt is needed, as the high-waisted
skirt is cut into scallops or bat-
tements and piped and stitched to
the blouse.

AN UNPUBLISHED SONG.
An unpublished song which Men-
delsohn wrote for his sister is to
appear in Sir Charles Santley's pro-
mised reminiscences, together with
an autograph sketch of Ludgate Hill
from the pencil of the composer.
Both are taken from a manuscript
notebook which Mendelsohn gave to
an English friend and which was
in turn given to Santley.

BRAN BATHS FOR NERVOUSNESS.

One of the latest things for the
nervous woman, who is trying to
reduce her fractious nerves, is the
bran bath just before retiring at
night. This is not only soothing in
effect, but incidentally softens and
whitens the skin.

To make the bath buy ordinary
bran at a feed store and keep it in
a tin box away from mice. Make a
bag of cheesecloth, from twelve to
thirteen inches square, and stuff it
with bran until about as full as a
pine pillow.

The bag is put in a bathtub half
filled with warm water, and squeeze-
d until the water is brown and
bubbly. It is not well to remain
in the water longer than five or six
minutes.

A CHINA CEMENT.

An excellent cement for broken
china can be made by mixing lime
to a paste with the white of an egg.
A little should be smeared on the
broken edges, which should be pressed
tightly together and kept in posi-
tion by tying with tape or by
straps of stamp edging. The great
secret in mending any fracture no
matter whether china with cement or
wood with glue, is to use as little
as possible of the adhesive substance
and to press the broken edges very
firmly together.

AN EXCELLENT CLEANING FLUID.

The following recipe contains noth-
ing injurious, never takes out the
stiffness from fabrics (as from veils
and chiffon) and is at the same
time a disinfectant and a sure
preventive of moths," says Woman's
Home Companion for February. "Sul-
phuric ether, one dram; alcohol, two
drams; chloroform, one dram; oil of
cloves, one dram. Three times this
amount to one quart best gasoline.

The oil of cloves may be omitted if
desired, as in cleaning anything white
it has a tendency to turn yellow.
To clean a dress skirt, just double or
triple the amount of these ingredients.
Men's trousers can be soaked over
night in this, and when pressed are
as good as new. It is fine for os-
trich plumes, as it never takes the
curl out. Be sure to shake out in
the air until thoroughly dry. Old
laces clean beautifully with this
fluid. Let the article to be cleaned
lie in the liquid for a while, accord-
ing to how soiled it is. Articles can
remain in all night without injury to
the fabric in any way. By allowing
to settle, and pouring off very care-
fully, one can use the fluid over and
over again."

RARE FOREIGN RECIPES.

These recipes have been gathered
from as many different sources as
there are nations represented, some
of them from natives of the coun-
tries, others from missionaries. Al-
though the combinations may sound
strange to our ears, these curi-
ous, but toothsome concoctions are
much enjoyed by those who use
them.

Turkish Sleeveless Manja.—One
onion, cut fine, and one bunch of
parsley, fried in butter in a kettle
into this hot mixture put a number
of pieces of mutton of suitable size
for serving, add one-half teaspoonful
of curry powder, with pepper and
salt, cover, and occasionally stir.
After the meat is well seasoned, cover
with boiling water and let it
simmer for three-fourths of an hour,
then add prunes, and cool until they
are soft; sprinkle with a teaspoonful
of sugar and serve hot.

Turkish Kooftails.—One pound mutton,
mince; one small onion and one
bunch parsley, cut fine; a few grains
red pepper, salt and black pepper to
taste; one beaten egg, one cupful
bread crumbs. Mix one-half the
crumbs with the other ingredients and
form the mixture into balls. Roll
these in the rest of the crumbs until
well covered and fry to a rich brown
in butter.

India Rice and Curry.—Put into
the kettle one tablespoonful of but-
ter; when hot, slice in an onion and
stir until nicely browned, then add
one spoonful of curry powder. Stir,
then add one-half cup meat stock.
Thicken with a little flour or grated
cocoanut, and add chopped chicken
or other cold meat; or, in place of
meat, chopped hard-boiled eggs. Salt
to taste, and eat with plain boiled
rice.

India Curried Onion.—Fry sliced
onions in butter or other good fat;
salt well. Add one teaspoonful of
curry powder, and stir in two raw
eggs. Add a few drops of lemon juice
just before removing from the fire.

Creole Kedgese.—One cup cold salmon
or codfish steak, flaked and
freed from bone; one cup boiled rice;
one cold boiled egg chopped fine;
one-half teaspoonful salt; one-fourth
teaspoonful cayenne pepper; one ta-
blespoonful butter. Mix well; cook
for three minutes and serve on but-
tered toast.

German Kallerbrod.—One cup light
bread sponge; one-half cup sugar;
one-fourth cup melted butter; one-
fourth cup warm sweet milk; one egg;
a little salt. Mix down with flour

BRONCHITIS

Bronchitis is generally the result of a cold
caused by exposure to wet and inclement
weather, and is a very dangerous inflam-
matory affection of the bronchial tubes.

The Symptoms are tightness across
the chest, sharp pains and a difficulty in
breathing, and a secretion of thick phlegm,
at first white, but later of a greenish or
yellowish color. Neglected Bronchitis is one
of the most general causes of Consumption.

Cure it at once by the use of



Mrs. D. D. Miller, Allandale, Ont.,
writes: "My husband got a bottle of Dr.
Wood's Norway Pine Syrup for my little
girl who had Bronchitis. She whoezed so
badly you could hear her from one room to
the other, but it was not long until we
could see the effect your medicine had on
her. That was last winter when we lived in
Toronto.

"She had a bad cold this winter, but in-
stead of getting another bottle of Dr.
Wood's Norway Pine Syrup, I tried a home
made receipt which I got from a neighbor
but found that her cold lasted about twice
as long. My husband highly praises Dr.
Wood's, and says he will see that a bottle
of it is always kept in the house."

The price of Dr. Wood's Norway Pine
Syrup is 25 cents per bottle. It is put up
in a yellow wrapper, three pine trees the
trade mark, so be sure and accept none of
the many substitutes of the original "Nor-
way Pine Syrup."

not quite so hard as for bread, put
in a warm place and let rise over
night. In the morning roll out flat,
put in a drifter, cover the top with
melted butter, sprinkle with sugar
and cinnamon. Let rise and bake.

Bohemian Kolace.—Crumble a yeast
cake, with one teaspoonful of sugar,
into one-fourth cup warm milk. When
light mix thoroughly with one pound
flour, one egg, one tablespoon butter,
one scant pint warm milk, one
teaspoon salt. When light roll out to
about half an inch in thickness, cut
out with tumbler, and place in a
greased dripping pan just not touch-
ing. Rub with melted butter. On the
center of each biscuit put a little
rich stewed chopped prunes. Let rise
again and bake.

TO PREVENT FADING.

An excellent laundress who has
never been known to fade a summer
frock says she has a special
"fixative" for every color.

Alum used in the rinsing water
will prevent green from fading. A
handful of salt thrown into the rin-
sing water will set blue.

Ox gall is good to use for gray
and brown. Hay water made by
pouring boiling water over hay is
excellent for washing tan or brown
linen.

A tablespoonful of black pepper
stirred into the first suds in which
cottons are washed will prevent col-
ors from running.

Five cents' worth of sugar of lead
crystals dissolved in a pailful of
water makes a solution which fixes
the tone of pinks, blues and lavender.
The fabrics should remain in the
sugar of lead bath half an hour
or so before going to the suds.

Vinegar is useful in reviving colors.
Add one teaspoonful of common vine-
gar to each quart of cold rinsing wa-
ter. Thoroughly saturate the arti-
cle, wring tightly and dry quickly.
If the color has been taken out
of silks by fruit stains, ammonia
will usually restore it.

To wash brown holland dresses use
bran, but no washing soda and no
soap unless the skirt is very dirty.
Boil two handfuls of bran in one
quart of water and strain through a
muslin. Put the bran on to boil
again, as you will require a second
supply of bran water for rinsing.

Cool the water by adding one
quart of cold water to it. Then wash
the skirt. You will be surprised to
see how the bran extracts the dirt.
Rinse first in bran water, then in
plain water. Put the article through
the wringer and iron while damp
on the wrong side.

FLOWERS AFFECT THE VOICE.

In his recent book on "The Art of
Singing," Sir Charles Santley has
some curious remarks on the effect
of flowers upon the voice in a con-
cert room or salon. Many people
scold at this idea, but it is un-
doubtedly well founded. Jenny Lind
could never stay in a room with
strong smelling flowers, and she used
to say that the odor of violets was
especially bad for the voice. Madame
Christine Nilsson mentions the case
of a celebrated singer who, after
"burying her nose" for a moment in
a wreath of tuberose, went on the
platform to find that she could not
sing a note. Emma Calve had a
like experience with the tuberose.
Sims Reeves once explained to a
friend that, if the perfume from a
bouquet of flowers reached his
throat, he would be "off singing
form for nights." Clearly, the ad-
mirers of singers would do well not
to persist in loading them with
wreaths and with bouquets.

TIED MOTHERS.

I wonder so that mothers ever fret
At their little children clinging to
their gowns;
Or that the footprints, when the
days are wet,

Are ever black enough to make
them frown.
If I could find a little muddy boot,
Or cap or jacket, on my chamber
floor—
If I could kiss a rosy, restless foot,
And hear it patter in my house
once more;

If I could mend a broken cart to-
day,
To-morrow make a kite to reach
the sky—
There is no woman in God's world
could say
She was more blissfully content
than I!

But, ah, the dainty pillow next mine
own
Is never ruffled by a shining
head,
My singing birdling from its nest
has flown—
The little boy I used to kiss—is
dead!

—May Riley Smith.

THE BEAUTY OF THE CATHOLIC HOME.

If Catholic lands and Catholic
homes to-day are beautiful in their
simplicity of virtue, in their un-
failing permanency, in their sweet
memories and special benediction of
Mary, the Mother of God. If the
Christian mother is honored and is
obtaining the obedience, love and de-
votion that her high and holy place
entitles her to, it is because there
are in the background high above the
example and protection of Mary, the
Mother of God. She has been "our
human nature's solitary boast," and
it is under her benign influence that
woman has emerged from the slavery
of paganism to the white light of
virtue, progress and happiness that
to-day marks her life.

Funny Sayings.

PLACING HIM.

"Papa," inquired little May, af-
ter Sunday school, "was George
Washington an Israelite?"
Before her father could answer this
somewhat unexpected question, May's
six-year-old brother broke in.

"Why, May, I'm 'shamed of your
ignorance! George Washington is in
the New Testament, not the Old."
Woman's Home Companion for Feb-
ruary.

THE GIRL WAS FRANK.

"Uncle Joe" Cannon was discus-
singly our society leader's
claim that too many statesmen ap-
pear to rely on their uncouthness—
on the absence of socks, etc.—for
their fame.

"I would point out," said he,
"that neither Caesar nor Alexander
wore socks, and if I attacked New
York society as frankly as this per-
son has attacked public life I might
—but, after all, perfect frankness is
invariably a bad thing.

"You have heard, perhaps, of the
young man who admired perfect
frankness? Calling on a pretty girl
he said:

"If there is one thing that I re-
vere in this world, perfect frank-
ness is that thing."
"Yes," said the girl. "Then I'll at
once grasp the opportunity to urge
you to shave off your mustache be-
fore you eat another soft-boiled
egg."

A FAIR OFFER.

"No," snapped the sharp-faced wo-
man at the door, "I ain't got no
food for you, an' I ain't got no old
clothes. Now, git!"

"Lady," replied Harvard Hasben,
"I could repay you well. Give me a
square meal and I'll give you a few
lessons in grammar."—Catholic Stan-
dard and Times.

MORAL SUASION.

Old Gentleman—"Do you mean to
say that your teacher never thrashes
you?"
Little Boy—"Never! We have mor-
tal suasion at our school."
Old Gentleman—"What's that?"
Boy—"Oh, we get kep' in, and
stood up in corners, and locked out,
and locked in, and made to write one
word a thousand times, and scowled
at, and jawed at, and that's all."

KEPT THE EVIDENCE HOT.

An Irish soldier on sentry duty
had orders to allow no one to smoke
near his post. An officer with a
lighted cigar approached, whereupon
Pat boldly challenged him and or-
dered him to put it out at once.

The officer, with a gesture of dis-
gust, threw away his cigar, but no
sooner was his back turned that Pat
picked it up and quickly retired to
the sentry box.

The officer, happening to look
around, observed a beautiful cloud
of smoke issuing from the box. He
at once challenged Pat for smoking
on duty.

"Smoking is it, sir? Bedad, and
I'm only keeping it lit to show to
the corporal when he comes, as
evidence agin you."

PERFECTLY EQUIPPED.

When the large and healthy looking
individual who had asked at the
door for "a little something to eat"
was told that he might have it if
he would work at the woodpile, he
shook his head mournfully.

"I've got the ague," he explained
"and my hand is that unsteady I
couldn't hit more'n one stick in sev-
en."
"All right!" exclaimed the mis-
tress of the house. "Go out in the
back yard and shake those ashes
for me."

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 with-
out 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
35 by 20 miles.

And to add to my many anxieties,
I have no Diocesan Grant. No En-
dowment (except Hope)

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

The generosity of the Catholic Pub-
lic has enabled us to secure a valu-
able 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 "lit-
tle." 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.

Letter from Our New Bishop.

Dear Father Gray.—You have duly
accounted for the alms which you
have received, and you have placed
them securely in the names of Dio-
cesan Trustees. Your efforts have
gone far towards providing what is
necessary for the establishment of a
permanent Mission at Fakenham, and
I authorize you to continue to solicit
alms 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 enumerated section of Domini-
on 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 sec-
tion 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 home-
steader.

The homesteader is required to per-
form the conditions connected there-
with under one of the following
plans:

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

(2) If the father (or mother, if
the father is deceased) of the home-
steader 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 perma-
nent residence upon farming lands
owned by him in the vicinity of his
homestead the requirements as to
residence may be satisfied by resi-
dence upon said land.

Six months' notice in writing
should be given the Commissioner of
Dominion Lands at Ottawa of in-
tention 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 Accu-
mulated Funds.....\$47,410,000

Annual Revenue.....\$8,805,000

Deposited with Dominion
Government for security
of policy holders.....\$398,580

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ROBERT W. TYRE, Manager for Canada.

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One of the commonest complaints
of infants is worms, and the most
effective application for them is
Mother Graves' Worm Exterminator.



2420

LADIES' DRESSING SACK.
Paris Pattern No. 2420.

All Seams Allowed.

Flowered dimity or one of the new dot embroidered Swiss materials is
pretty and cool looking and make up into delightful little dressing sacks. The
fullness of the front of the one illustrated is caught into narrow tucks, stitched
to nearly the bust line; those in the back being stitched to the waist line and
forming a box-plot. The belt, trimming band and cuffs are of a contrasting ma-
terial and shade, and the sack may be developed with good effect in any ma-
terial from lawn to silk. The pattern is in four sizes—32, 36, 40 and 44 inches, bust
measure. For 36 bust the dressing sack requires 3/4 yards of material 27 inches
wide, 2 1/2 yards 36 inches wide or 2 yards 42 inches wide; as illustrated, 1 yard of
contrasting material 20 inches wide.
Price of pattern, 10 cents.