# THE TRUE WITNESS AND CATHOLIC CHRONICLE.



at all; it is the way you do it," said a wise counsellor to a discouraged and broken down school teacher. The words fit the case of many a woman who is not a school teacher. The farmer's wife who does the whole week's work in her imagination after she goes to bed Sunday night; the bookkeeper who in her dreams adds columns of figures to bring out an obstinate balance; the schoolgirl who grows hot and cold in anticipation of an examination; the dressmake who never forgets her apprehension lest her customer shall not be pleased-all these and a score of other kind of women need to learn the les son of the value of a mind at ease. 'A conscientious, worrying wife of farmer hurried to the hen house one Sh icy day with a pan of food. slipped and fell-and a broken hip

stopped the quick footsteps and dulled the keen vision for "things which must be done." For three months the patient lay in bed, alone many hours of each day, thinking over he life and habits and responsibilitieses and failures. When she could hobble to a wheeled chair she was a different creature from the enxious, nervous woman who had been forced to submit to imprisonment A perspective of the months and years of life, a new conviction that neace of mind is more import ant than pies and cakes, a sense of times' proportion which included herself and the claims of her own nature a well as the appetites of her hungry family and the profits of the farm, 'had revealed themselves to her in the long days of enforced inactivity. "My broken hip saved my life and my soul, too, I think," the grateful woman used to say, with the smile of one who had found that the wors enemy of good work is worry.

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The tint of the orange is becomin to the brunette with a fair com plexion. For the blond the delicate yellow of ripe corn is beautifying Bright green is becoming to the pale but clear skin, but not to a high or muddled complexion. Violet allowable only for faces quite fre Blue is remark from yellow tints. becoming to fair skins, ably but only the darkest shades are favorabl to brunettes. Creamy white is al most universally becoming, and the introduction of cream lace makes a otherwise impossible color wearable Black is flattering to a blond, but i she be not fair enough to look well in black an admixture of her own special color is permissible. Usually the soft toned grays look well with yellow or brown hair. Browns are coming to the clear skin crown with golden or brown hair. Red is becoming in either blond or brunett so that the skin be fair enough or dark enough and provided it is just the right shade of the hue

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EASTER NOVELTIES

#### "It is not the work that tires you than two of these little balls of yel low fluffiness snuggled up in a nes The knowledge, too, that under it is a satin lined box full of candy helps to make it the more convincing. and All these things are imitated, most successfully, in candy and ices so that the whole set out-hen, nest chicks and all-can be eaten.

of the prettiest desserts to order for an Easter dinner or luncheon would decorated be a broken sugar egg, with sugar butterflies and filled with either ice cream chicks or ice crean eggs-just as you please and in many different colors as you like; on a nest of spun sugar, filled with ic cream eggs, upon which a sugar her sits, or with some of the eggs ken and a chick ready to step out and a sugar rooster standing to give sweet encouragement. Little novelties in the way of sorbet cups a broken egg mounted on wheels and rooster, silver eggs drawn by a OT

a leaf or little stands would make pretty bonbonnieres and luncheon fa vors.-Selected.

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### EASTER CUSTOMS

Some of the old Easter customs in England are curiously barbaric, and even at the present time the observ ance of this particular festival surrounded with more ar less superstition, just enough to lend it the charm of mystry. Twentieth century maidens dor bright yellow garters, secure in their

belief that they will be engaged before the year ends. Others give their tresses "a hundred strokes three with the brush while think ing intently of their heart's desire And who does not take good card to wear their new things on Easter day ? Among the earliest of Easter customs are the following : At Queen's College, Oxford, a her

ing placed by the cook to simulate a man on horseback is set on a corn salad and brought to the table This is supposed to represent a red herring riding away on horsebach the last vestige of the once and is popular pageants of rejoicing for the end of the Lenten fast. It was erstwhile a habit in English

towns for the boys after the Easte service to run into the street and snatch the buckles from the shoes of the girls whom they were able te catch.

Easter Monday, however, it urn about, and the women chased the men. If the men refused to pay a sixpence or happened to wear boot the women tried to snatch their hats, and to recover a hat cost a sixpence.

In some old towns great cakes were brought to church and there divided among the young people. A singular Easter custom that of "lifting and weaving." A man sitting contentedly in his home

was surprised by the servants and women of his household, who entered bearing a great armchair lined with white and decorated with ribbons and favors. The man was forced to sit in the chair and be lifted by the women, to each of whom he mus give a sixpence. On a day in Eas week, either Monday or Tuesday

the man lifted the women with milar attendant ceremonies Edward I. was lifted in his bed

by his ladies and maids of honor and a record shows the payment



## But the Great Consumptive Preven tative brought Health and Happiness to his Home

"Our doctor said there was no cure for my wife as both her lungs were affected," says Mr. L. H. Walter, of Pearl Street, Brockville, Ont. "It was a said disap-pointment to us both, just starting out in life, only married a short time. But before she had finished the first bottle of Psychine the pain in her lungs quickly went away, and after taking six bottles Mrs. Walter was a new creature and perfectly well again."

That is just one of the many familiet into which Psychine has brought hope health and happiness. It is a living proo that Psychine cures Consumption. Ru don't wait for Consumption. Cure you LaGrippe, your Cough, your Bronchilis your Catarch, or your Pneumonia with the remedy that never fails—

PSYCHINE **50c. Per Bottle** DR. T. A. SLOCUM, Limited, Toronto

#### Kitchen paints will soon acquire a shabby, dull look from the frequent cleaning that is necessary in this room. The use of soap only in creases the difficulty, especially if the paints are varnished. The best plan is to boil one pound of bran in a gallon of water for an hour, then wash the paint with this bran

water, and it will not only be kept clean, but bright and glossy. ++ ++ ++

RECIPES

Orange and Nut Salad-Divide the oranges in sections, remove the skin and seeds, and cut the sections in halves. Roll the pieces in ground Arrange white let walnut meats. leaves on individual plates. tuce Place a spoonful of stiff mayonnaise in the centre of each plate, and ar range the pieces of orange around it. Garnish with halved walnut meats Springleys-Beat four eggs for ten minutes with a pound of granulated sugar, set aside for an hour, then add a tablespoonful of lemon extract and a teaspoonful of hartshorn. Work in several pounds of flour, or enough to make a dough that can be rolled out. Powder the forms with flour to prevent sticking, sprinkle anise seed in the bottom of tins and put in the cakes. Bake in a quick oven and watch to prevent burning.

Spanish Omelet.-Chop fine one green pepper from which the seeds and stems have been removed, two medium sized tomatoes, one small nion, a spring of parsley, thre thin slices of fried bacon, and five mushrooms; add a tablespoonful butter, season with salt, anh sim-Have mer for fifteen minutes. plain omelet made, spread this hot dressing over the top, and fold, then pour the remainder around the omelet before serving.

Coffee Bavarian Cream-Put three heaping tablespoonsful of freshly ground coffee into a pint of boiling milk. Make a strong infusion, strain it through a little salt bag which has been previously boiled, and add to it the beaten yolks of four eggs an even cup of sugar mixed with Stir over the fire until it begins to

SHE SAID IT. A visitor of noble birth was en

bected to arrive at a large country house in the North of England, and the daughter of the house, age was receiving final instruc

FUNNY SAYINGS

tions from her mother. "And now, dear," she said, "whe the Duke speaks to you, do forget always to say 'your Grace'.' Presently the great man arrived He was wound in linen graveand after greeting his host and hos tess he said to the child, Well, my dear, what is your name?" Judge of his surprise when the lit tle girl solemnly closed her eyes and

And a death of grief and pain, He shall triumph on the morrow. with clasped hands exclained. "Fo And God's just decrees maintain what we are about to receive ma we be truly fankful, amen." Death and tomb enthroned before Cannot cast dark shadows now:



A rich American woman visited Dull Golgotha beams with gladn Japanese art shop in Paris. It hap pened to be a dull, dark afternoor She looked at the bronzes, jewels drawings and other things, and fin ally, pointing toward a dusky corner, she said to the polite young salesman: "How much is that Ja-

panese idol over there worth ?" The salesman bowed and answered About five hundred thousand francs madam. It is the proprietor.

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'A rainbow sleeps in every tear." Sad heart, be glad ! the night And Easter morn dawns bright exterminate them. The sparrows The mist and shadows roll away, Look up, rejoice, this happy day ! -Henry Coyle.

"Johnny, which is worse, to have "orms or sparrows ?"

After Lent's purple shadows Johnny hesitated a moment and then replied: "Please, I never had Shineth the Easter glow; They who shun the darkness the sparrows."

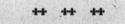
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FIRST HONOR MEDAL.

It seems that this boy's mothe was born in Canada, but the little ellow is a native of the Unite States. To tease him his uncle calls him "a little Canuck," which never fails to provoke vigorous protest Coming home from Sunday school the boy tackled his aunt with

question "Aunt Bess, why is people baptized ?'

She attempted to explain, but, un ortunately, touched a tender spot when she said : "Willie, you know you were born in original sin. Willie regarded this as a variation of the hateful accusation so ofter made by his uncle, and indignantly blurted out. 'Deed I wasn't. I was born in Pittsburg. I'm an American!'



COULDN'T LEARN HER NUTHIN. Dinah-Mandy, wha' foh you giv dat baby a big piece of pohk Don' you all know cher on ? poh child 'll chok on it? Mandy-Dinah, don't you see d string tied to dat piece er fat pohk De udder end's tied to de chile's toe Ef he chokes he'll kick, and if he thicken, remove and add to it while hot a third of a box of granulated gelatin which has been soaked in a thin' 'bout belowin' team me no

age a GOOD FRIDAY, OR TRAGEDY AND TRIUMPH.

Laid in saintly Joseph's grave.

Through a tragedy of sorrow,

For their usurped reign is o'er,

So through sorrow, grief and

Duty, danger, death may lie;

Calvary teaches Death shall die.

Thus Good Friday's gloomy dawn,

To a triumph leads the way;

Hails Christ's resurrection day.

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IN SORROW'S NIGHT.

To win the Crown we bear the Cross

And Joy is born of Grief and Loss

In Sorrow's night Faith's star shine

4-1- 4-1- 4-1-

OUT OF THE SHADOW.

The glory may not know.

First bow ye as the violet

Ere ye attain through trial

Lead us, O gentle Saviour,

Along the shadowed way

Into the dawning radiance

Of the glad Easter day.

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RESURRECTION

In dreary rain the bulbs were laid in

And in a day the raindrops turned

And fell upon the mound, where

Of flowers, which is color, to

With daffodil and crocus learned the

So thou, loved body, long from light

In deep humility,

The lily's purity.

earth,

Гhe

to snow,

lying low,

birth:

mirth

aglow

worth

slept

Mystery

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Ah

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past,

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Geo. W. Armstrong

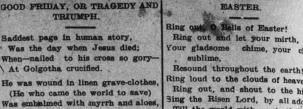
is

And a glorious Easter morn,

"Westwood," London, Ont.

Glory crowns the victor's brow.

At Golgotha crucified.



uller of

THE POET'S CORNER

Ring loud to the clouds of heaven! Ring out, and shout to the hillst Sing the Risen Lord, by all adored, Till the world with music thrills! lift up, O golden organ,

THURSDAY, APRIL 12, 1906.

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chant

THURSDAY, APRI

OUR

Dear Girls and Boys:

this week.

days.

I have received only

from my little nieces i

closing pieces of her sum

hs she promised to do

ago, but I guess she will

the haste of mailing her

forgot to put. them in,

still expecting then, Winn

sure you must be disappo

to be able to make your

munion this year. I hope

will have many, many ha

I have to study when I w

girl? Well, yes dear, I l

metimes it was much

will, for playtime was so

santer, just think, than s

Still, you will look back,

done, with pleasure to the

rigid school discipline, an

ate the opportunity of y

young days. Mary expres

which I fear must fail of

and that is that she wou

see my picture in the cor

dear, your Aunt Becky

too venerable to indulge

volities of sitting for a P

Maybe some time you will

real, if so I will expect y

right up to my sanctum

me, which will be very pl

me and save me the exert

ting in a photographers

It is a long time since

to you, but I read every

wish I had time to write

oh, Aunt Becky, we have

sons and then we practise

every day. We did find tin

two birthdays last week.

great many presents and

sugar woods that day, t

are the pieces I promised

wanted to have a piece of

Communion dress for you

priest thinks we are too

make our first Communion

cannot send it. I would

hear from the other

What are they at ? I will

You must not think we

interested when we do not

we love the corner, and

sorry if you doubted our

are only little girls and

study when you were lift!

so sorry for Joseph C. H

was up to our place last

was glad to see cousin M

rington when she was litt

once asked what we would

in the corner, and we wa if any of the cousins spot

one has said it yet. We

you to put your picture, inor, oh, so much. Will yo

Grandma's home wa

Warden, P.O.

Dear Aunt Becky:

many to write

ter.

From your loving n

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WINNIFRE

to. Did

Your loving,

AUNT

ing pleasant."

Dear Aunt Becky:

Mary E. wishes t

Winnifred say

Your deep, majestic voice, And let your peal make temple reel heart of the world rejoice. And th Send forth your deepest ocean-tones, Your golden thunders roll! Triumphant sing the Conquering

King, And the Sunburst of the soul And thou, O sweet soprano.

Send forth your soul like a dove, On the trembling wings of song, till it rings

At the golden gates of Love ! Sing high, sing loud, till the silve

Takes up the strain with might, And the choirs above in the Land of Liove

With the choirs below unite ! And ye, O purest preachers, Ye lilies on the altar high. Let your tongues of flame proclaim His Name,

Whose glories fill the sky ! Let your fragrance fine to Heaven ascend In praise of Him who rent

The bonds of the tomb, and rose on the gloom Like the sun in the firmament!

Ring out, O Bells of Easter! Ring, swing in the belfry tall. And to every heart your joy impart. Bring love unto hut and hall! et vour merry din expel all sin And the Resurrection tell, Of souls that law like lifeless clay In the tomb and the gloom of hell!

Julian E. Johnstone, in the Catholic World.

> the det det THE SEEKER.

"Where shall I find thee, Peace? Art thou in truth But phantom legend risen from despair ? Men say thy touch is soft, thy face is fair, And the world's ways are dark with wrath and ruth. He sought, and sometimes felt that Peace drew nigh On some forgotten dew-bright ancient lawn, In the dim loveliness and hush of dawn. Or 'neath a smooth benignant twi-

light sky. And there would come, perchance, a

tranquil day, voice sang quiet to his troubled breast,

hyacinths were waiting for their And then the warring devils of unrest

A little time, a touch of sun-the Shattered his dream, and drove him on his way.

He came, sad-hearted with the fret Rippled and leaped until the world of years.

guardian of a shadow To one, the land. Sombre and kind, who took him by

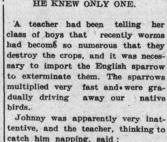
gold that knew no spending the hand, cast aside his griefs And bade him Of resurrection from the dead that and fears.

"Lo here," he said, "thy journeying Yet could not rest until the darkmay cease Was joined to light, and free amon am that friend thou hast so long

desired. Here is the goal to which thou hast aspired.'

Your loving ni

bye, from



ad become so numerous that they sary to import the English sparrov

catch him napping, said :

# HE KNEW ONLY ONE.

The Man Who Will Build Most Economics of all Materials for Nais, Ceilings, Roots, etc. This is the age of steel. The man who intends to build a home, or re- model his present one, should cer- indel ceilings, Metal Shingles, Metal Sidings. In the first place, they are absolutely fireproof and lightning proof, They are practically indestructable. They insure warm, comfortable rooms at the minimum cost for fuel. The walls and ceilings are made in as endless variety of hasdionne designs and are, in them- selves, anficiently attractive to do arway with the secusity of wall paper. The leading insumate companies apprecise the great value of Metal Building Material by making their premisms § LESS on homes constructed of metal. Full in- formation as to cost, etc., may be obtain-	\$2000 in sixpences. Even the sun, it is said, dances on Easter day. <b>IT INELY HINTS.</b> To mend broken glass melt a little is nglass in spirits of wine, add a small quantity of water, and warm the mixture gently over a moderate fire. When mixed by thoroughly melting, it will form a perfectly transparent glue, which will unite glass so nicely and firmly that the joint will scarcely be noticed by the most critical eye. Varnish or paint stains on coarsee fabrics may be dissolved by saturat- ing with turpentine. Use alcohol if in a fine fabric. Sponge with chlo- roform if a dark ring is left by the turpentine. Apples will not turn dark when pared if dropped into water to which lemon juice has been added. We tea leaves, hot or cold, are recommended as a cheap and com- variant exactor.	As mildew develops more rapidly under certain climatic conditions, so with cancer in the human body. There are certain conditions that favor its development and when these conditions cease to exist the cancer gradually disappears. Send 6 cents (stamps) to Stott $\Rightarrow$ Jury, Bowmanville, Ont., if you are troubl- ed with	a traveller through the South, "is surrounded in all directions with a lot of saloons and cheap restau- rants. In great illuminated letters over one of these saloons was the sign: "'Open all night." "Next to it was a restaurant bearing with equal prominence the legend: "We never close." "Third in order was a Chinese laundry in a little tumbledown ho- vel, and upon the front of this build- ing was the sign, in great, scrawl- ing*letters: "Me wakee, too." It if the termine and the second letters in the second second second second turning small obligations; many go so far as to acknowledge moderate ones; but there is hardly anyone who	Very often bey think is a from so-called "frankle Disease". There is item famile of the has they think. Women wither from backanks required over feeling is the biotas. Bo do man, and they do not have 'temala trouble." Why they heating it the biotas the do man of the do not have 'temala trouble." Why they heating it the biotas the do man of the do not have 'temala trouble." Why they heating it the biotas the do man of the do not have 'temala trouble." Why they heating it the biotas the do man or 'temale disorders." The iddneys are not that when, the iddneys are wrong, everything you wrong. Much disease would be saved for the source would only take the biotast of the biotast of the biotast of the biotast of the biotast biotast of the biotast biotast of the biotast of the biotast biotast of	Death-and Peace." -F. O'Neill Gallagher, in the Lon- don Daily News. A BIG WEDDING FEE. Many delicate compliments have been paid the fair sex by men sub- tic in speech, but here is one straight from the heart of an illiterate ne- gro that is difficult to excel. It is of Kansas city, in telling the story of the marriage fee: "When I was preaching at Wals mo colored preacher in town, and I was often called upon to perform a afternoon, after I had married is young couple, the groom asked the price of the service. "Oh, well,' said I, 'you can par me whatever you think it is wort to you." "The groom turned and silent looked his bride over from head the whites of his syses to me, and said: "Taw, sah, you has done runs	Warden, Que.