

HOME INTERESTS.

Conducted by HELENE.

A writer has said:—"The ideal woman is a creature of the imagination, but the real woman is a stubborn fact, whose practical life leaves little room for fancy. In youth our ideal woman is an embodiment of grace, beauty, culture and refinement. No poet can express in choicest rhyme the excellencies of her virtues, the depth of her wisdom, or the breadth of her goodness. No artist, however masterly his hand, can paint the soft texture of her skin, the loving enthusiasm of her smile, and the sweetness of her lips, that never uttered words except such as pure, truthful, and full of affection. This is our ideal woman, but the real woman is something different; yet not altogether a creature divested of beauty and grace. The real woman is the patient, loving mother, the substantial fact of the family. The toiling, watching, unwearied dispenser of comforts and blessings to her household and to society. Not always uncomplaining, but never shrinking the duties of her position. The real woman is the woman of resolute purpose, who boldly takes in her hands the fate of human lives, and stands by her self-imposed duties with unflinching will. No faltering or misgiving, no matter what the tide of events brings her, she breasts the storm, and shelters by her own efforts those who depend upon her. The real woman is a being of cares and many sorrows, often struggling on to the end with concealed disappointments and aching heart, with clipped aspirations and thwarted hopes, but her heroism and fortitude never forsake her."

THE MOTHER-LOVE.

(From the Chicago Journal.)

The mother love—there is nothing like it this side of heaven. It will bear all things, suffer all things, forgive all things, and through it all smile up to God with unshaken hope. The walls of prison or asylum cannot shut it out. The most solemn verdicts of the highest earthly courts cannot overrule it. Popular scorn of its object cannot make it ashamed. Ingratitude, degradation, crime of any sort, cannot dismay it or weaken it. All the sins and evil passions of the world cannot taint or mar or corrupt it. Beginning before birth and lasting beyond death, it stretches from infinity to infinity, blessing life as sunshine blesses the earth. The world, which accounts itself very wise, will sacrifice little of its peace or comfort or patience for the man who has proven false to his manhood and has fallen under the burden of his follies and crimes. But the mother, wise with a love that is all but divine, turns from all others to this one, takes up the bleeding, broken one in her arms and sacrifices her own life to him. Words, money, all things else are comparatively easy to give away to the deserving. But when a woman makes a gift of her daily life, of all her affections, her friends, all her happiness, all her wealth, peace, comfort, to one who has been faithless in every duty to her, and has ever given her naught but negligence and care—then may men and women begin to measure the purity and force of unselfish sacrifice such as is found nowhere else in human nature than in mother love.

MARY ANDERSON TO ACT.

Mrs. Mary Anderson de Navarro has been prevailed upon by Father Bernard Vaughan, S.J., the famous castigator of the smart set, to emerge into the public gaze this win-

ter, but only for the sake of helping London orphans. She has consented to act three nights in scenes from Shakespeare. Although many years have passed since the then beautiful young actress performed what had been looked upon as an impossible feat, namely, that of playing Shakespeare's "Winter Tale" at the old Lyceum for 164 nights, doubling the parts of Hermione and Perdita, she still retains sufficient charm to rouse a London audience to enthusiasm.

HOW TO LOOK YOUR BEST AT AN EVENING PARTY.

Now how to keep from looking like a "house afire" as to complexion and all limp and disheveled as to hair is a problem with most girls at summer and fall dances. To many people anxious to enjoy themselves the consideration of the complexion is a very serious one. One naturally wishes to look one's best at night, yet in the hot weather the face will burn in a way that is anything but becoming. When preparing for the dance take water that is pleasantly warm and put a spoonful of toilet oatmeal into it. Sponge the face carefully, and then wash it with a liquid paste of oatmeal and warm water (mixed in the palm of the hand.) Sponge again, and then dry with a soft towel. As soon as the skin is quite free from moisture, put a little dry oatmeal into the hand, rub it well over the face and leave it on. This treatment will be found most cooling.

Just before the toilet is complete, remove any trace of oatmeal and rub a very little cold cream over the face; then wipe it off with a fine handkerchief. Powder the face carefully with a reliable toilet powder, being careful not to apply too much, and remove any superfluous powder, or any that has rested on the eyebrows or lashes, with a piece of fine chamois leather. The application of cold cream previous to the powder causes the latter to adhere, and keeps the complexion free from any appearance of shininess even after dancing in a hot room.

MOTHER'S WORK.

"My mother gets me up, builds the fire, and gets my breakfast and sends me off," said a bright youth. "Then she gets my father up, gets his breakfast and sends him off. Then she gives the other children their breakfast, and sends them to school; then she and the baby have their breakfast." "How old is the baby?" asked the reporter. "Oh, she is 'most two, but she can talk and walk as well as any of us."

THE FALSE NOTE.

She took off her gloves carelessly and got the nickel for car fare and dropping her purse in her lap, again drew on her glove. I don't think there was a man in the car who was not quietly watching this beautiful woman, for she was one of God's own creatures who would make a man better only to look at. She had no tan shoes, too, and they peeped out just a trifle from under her tan skirt. She leaned back on the seat, and her right foot came out just a little farther from under cover, and—oh, horror! A wee bit of broken skirt braid, a bit about an inch and a half long just a little frayed, showing that it had not been broken recently, hung over the nice new tan colored shoe. That was all. The stock of the beautiful woman went down 99 per cent. with a plump.



From Newfoundland. I suffered five years from epileptic fits. I tried several doctors but they didn't do me any good. Then Pastor Koenig's Nerve Tonic was recommended to me by our pastor. Since I took it I had no more attacks in six months and I find myself as well as ever.

Mr. W. Perry writes from Brantford, Ontario, Canada, that he broke an arm, which caused quite a nervous shock to him, for which he took Pastor Koenig's Nerve Tonic, and derived great relief therefrom.

From Ottawa, Can., Mr. J. E. Devlin writes: "I consider Pastor Koenig's Nerve Tonic a good thing for the nerves and I recommend it to every one suffering from nervousness or any disease of the brain or nerves."

A Valuable Book on Nervous Diseases and a Simple Method to Cure Them. Four patients also get the medicine free. Prepared by the REV. FATHER KOENIG, of Fort Wayne, Ind., since 1870, and now by the KOENIG MED. CO., CHICAGO, ILL.

Sold by Druggists at \$1.00 per bottle, 6 for \$5.00. Agents in Canada—THE LEXAN BROS. & Co., Ltd., Toronto; THE WINGATE CHEMICAL CO., LTD., MONTREAL.

COLLEGE PILLOWS.

Postal cards of leather, with pictures burned on them, will be favorite gifts to college girls and college youths this fall. A youth who has won his laurels on the athletic field would appreciate a pillow of chrome canvas bearing cards of burnt leather, representing points in the gridiron game. Some girls are sketching their own pretty faces in caricature on the leather.

IMPROVE YOUR VOICE.

"What a sweet voice that girl has," I hear some one say as Elizabeth ran across the street to meet Emily, calling out her cheery good morning. It was indeed a sweet voice, and had carrying power, clear as a bell or a bird note, yet it was not loud. Voices are as different as faces. We pay a great deal of attention in this country to training the singing voice, and we are willing to pay teachers large prices to develop the fine soprano or the rich contralto that every one admires. But far too little trouble is taken with the speaking voice, and it is a pity, for we sing only occasionally, and most of us talk from morning till night.

"MAKE UP" IN TIME.

How many friendships have been broken off by trifling things—a fancied or real slight, brought about by one's feeling out of sorts or cross—something never intended to mean much, says a contemporary writer, and never intended to be lasting, and never intended to count above all the kindly acts and helpful friendship of the past. We quarrel with our best friend over some little thing; we are both of us cross in the first place; bitter words are spoken between us, we part in anger, and for days pass each other by without a glance. Is it because we have not forgiven the unkind things said? Is it because we have not repented of the unkind words we have spoken? Is it because our friendship has ceased? Not so; it is only because foolish pride keeps each of us from "begging pardon"—from being the first to "make up."

PERFUMING A ROOM.

One of the most delicate ways of perfuming a room is to fill a wide mouthed bowl or other dish with boiling water and then pour over it a few drops of perfumed oil. Half a teaspoonful of oil of lavender so used will make a room delightfully fresh at the cost of a fraction of a cent. Any other oil may be treated in the same way, rose or violet giving the effect of a conservatory. It is the oil and not essence which should be used.

MILBURN'S Heart and Nerve Pills.



Are you afflicted with all diseases and ailments arising from a run-down condition of the heart or nervous system, such as palpitation, nervousness, sleeplessness, faint and dizzy spells, blood pressure, etc. They are especially beneficial in nervous debility with irregular menstruation.

would we be friends again. Do you suppose for one moment that any one would think the less of you because you have the courage, or I might say the honesty, to own up and say, "I have done wrong," or "Forgive my harsh words: I was not myself when I spoke them; let us be friends again."

Do you suppose you would be judged unkindly for this? Nay, nay! It strikes too near home to all of us, young and old, who have had our little differences some time or other, who have had the courage, perhaps, to make up, or the cowardice to be silent and regret, in the years to follow, the loss of friendships tried and true, just for a word, a trifling act, a mere nothing when looked at in a calm, unbiased light.

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THE ANGELUS.

Bells of the Past, whose long-forgotten music Still fills the wide expanse, Tinging the sober twilight of the Present With color of romance! I hear you call, and see the sun descending On rock and wave and sand, As down the coast the mission voices blending, Girdle the heathen land. Within the circle of your incantation No blight nor mildew falls; Nor fierce unrest, nor lust, nor low ambition Passes these airy walls. Borne on the swell of your long waves receding, I touch the farther Past—I see the dying glow of Spanish

Lack of Energy.

A Common Trouble Among Growing Boys—A New Blood Supply is Needed—Dr. Williams' Pink Pills Actually Make New Blood. There are thousands of young men just approaching manhood who have no energy, who tire out at the least exertion, and who feel by the time they have done their day's work as though the day was a week long. In some of these cases there is a further sign of warning in the pimples and disfiguring eruptions which break out on the face. These are certain signs that the blood is out of order, and unless it is promptly enriched, a complete breakdown, or perhaps consumption may be the result.

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TIMELY HINTS.

When making pea soup put in a slice of bread. It prevents peas sinking to the bottom and burning in the saucepan. Warm the dish covers carefully, especially in cold weather, or you will often spoil a very tasty dish. Alcohol will remove varnish from fabric. To beat eggs quickly, put in a pinch of salt. Sprinkle dry salt over soot that has fallen on the carpet and sweep up along the grain on the carpet; repeat this process several times and all traces of the soot will disappear. Sandwiches can be cut hours before they are used, and will keep

THE POET'S CORNER

AGE AND SONG.

In vain men tell us time can alter Old loves, or make old memories falter; That with the old year the old year's life does, The old dew still falls on the old sweet flowers. The old sun revives the now-fledged hours. The old summer rears the new-born roses.

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OUR PUZZLES

Dear Girls and Boys:

So I have really got interested. It is just to all the answers coming doing splendidly. omission of the rule which I will allow to the mistake some made on both sides of the page you will find the them carefully, follow then send along your a hope you will enjoy the story. I know you will interesting. Send along y when it is well commen have many more in my mail bag next week to you all. Your loving

Rules for Puzzle Contest

Only girls and boys who subscribes to the True Witness compete. Only boys and girls who yet passed their fourteen can compete. Only answers which give have been able to find selves may be sent in. Answers to be neatly ink, on one side of the paper. Answers to be numbered. Answers to be in before morning ten days after are published, addressed to Aunt Becky Puzzle Contest, True Witness Building. No paper which does not with every rule can be considered.

This Week's Puzzles

1. NUMERICAL PUZZLE. My whole is a large city. My 1, 2, 3 is a human boy. My 8, 9, 10, 1, is a division. My 3, 6, 8, is a thing much fisherman. My 10, 2, 3, is part of a. My 4, 5, 6, 2, 8, is to do. My 2, 3, 8, 7, are insects.

2. RIDDLE-ME-REE

My first is in cow, but not in second is in drag, but not in pull. My third is in rat, but not in house. My fourth is in nation, but not in steep. My ninth is in many, but not in few. My whole is a flower of hue.

3. MISSING LETTER

When the missing letters supplied the whole will form from a well known poem Kingsley. Bgxxsxxtxrdxxrxxtxh exex. Dmxbxexdxnxtxrxxtx exex. Sxmxxndxxdxzhanxtx exex. Oexrxmxxxtxoxg.

4. METAGRAM.

I am a part of the human Change my head, and I am a set. Again, I am found in fruit. Again, I am a part of the Again, I am to taste. Again, I am to pinch.

5. DOUBLE ACROSS

My initials and final, reversed, will give the name fashionable seaside resort land. 1. A city in England.

LUBY'S For restoring gray hair to its natural color and beauty for cleaning the skin and curing dandruff, in a word for preserving and restoring the hair LUBY'S PARISIAN HAIR RESTORER is unequalled. Its composition is such that it never falls if the directions are followed. The numerous demands for LUBY'S and the large quantity sold prove that it gives satisfaction to all who use it. 50¢ a bottle.

Are you afflicted with all diseases and ailments arising from a run-down condition of the heart or nervous system, such as palpitation, nervousness, sleeplessness, faint and dizzy spells, blood pressure, etc. They are especially beneficial in nervous debility with irregular menstruation.