

HOUSE AND HOME

CONDUCTED BY HELENE.

LAST NIGHT.

Last night within the little curtained room. Where the gay music sounded faintly clear.

And teach men how to wonder, think and feel. —Richard O'Malley.

NUNS AS DRESSMAKERS.

Odd as it may seem, news comes from Washington that some of the most exquisite and artistic gowns seen in the social functions at the nation's capital are the creation of a nun and her apprentices.

The list of patronesses is headed by the names of Mrs. and Miss Roosevelt, and includes the very cream of society.

The school nobly fulfills the purpose for which it was founded in 1887—to train young girls in a safe and lucrative profession, while at the same time they are taught the domestic arts, and whatever special talent they may show is carefully cultivated.

THE NAPOLEON COLLAR.

Evidently we are going to reign over the field of French history this season. Whatever is smart in dress bears the name of a person or epoch famous in France.

A PRAYER.

O, Lord, who knowest every need of mine. Make me to bear each cross and not repine. Grant me fresh courage every day. Help me to do my work always Without complaint.

O, Lord, Thou knowest how dark the way. Guide Thou my footsteps lest they stray.

WHY SOME FAMILIES ARE POOR

Their ideas are larger than their purses. They think the world owes them a living.

They do not keep account of their expenditures. They are easy dupes of schemers and promoters.

They reverse the maxim. "Duty before pleasure."

They have too many and too expensive amusements.

They do not think it worth while to save nickels and dimes.

They have risked a competence in trying to get rich quick.

They allow friends to impose upon their good nature and generosity.

They try to do what others expect of them, and not what they can afford.

The parents are economical, but the children have extravagant ideas.

They do not think it worth while to put contracts or agreements in writing.

They prefer to incur debt rather than to do work which they consider beneath them.

They have indorsed their friends' notes or guaranteed payment just for accommodation.

They risk all their eggs in one basket when they are not in a position to watch or control it.

They think it will be time enough to begin to save for a rainy day when the rainy day comes.

The only thing the daughters accomplish is to develop fondness for smart clothes and expensive jewelry.

They do not realize that one expensive habit may introduce them to a whole family of extravagant habits.—The Savings Journal.

COLORS TO MATCH EYES.

Always wear a touch of color to match your eyes if you wish to look your prettiest.

If your eyes are blue you will look your best in blue, but it would be monotonous to confine one's self to one color, and so the clever way is to indulge in any of the colors that are becoming, but to see to it that somewhere about the costume, and as near the face as possible, appears the color that matches your eyes.

Be most particular to get the shade that precisely matches. If your eyes are a pale blue do not imagine that a touch of the darker shade will deepen their color, for this is a mistake; whereas a touch of exactly the same shade will deepen them. Get the color into your costume by wearing a narrow band of velvet of the requisite shade about your neck, or get it in the tie, or have the inner side of the brim of your hat faced with it. The latter is immensely becoming, for it comes so near the face that the eyes are sure to take on deepened color from it.

And teach men how to wonder, think and feel. —Richard O'Malley.

A NEW TONIC.

For the woman who is tired out there has been prescribed a new kind of stimulant.

This is a mixture of grape juice and olive oil. One tablespoonful of the latter to four of grape juice is taken after each meal.

DO NOT FUSS.

The best bred women do not fuss. They take their gowns and their furniture, their jewels and their children, as matters of course.

They are unconscious of their veils and their gloves and they expect every one else to be equally so.

SILK BANDS OUT.

One of the kinds of trimming that seem to be entirely out of style is silk bands. The wide folds are used, but not stitched pieces that have been employed to cover seams and to carry out designs on veils and cloth frocks.

THE LAMENTABLE CRITICAL HABIT.

Do not drift into the critical habit. Have an opinion, and a sensible one about everything, but when you come to judge people, remember that you see very little of what they are, unless you live with them.

Find the kindly, lovable nature, look for the beautiful self-sacrifice made by some, and teach yourself, day in and day out, to look for the best in everything.

It is not the one great sorrow nor the one intense joy, it is the accumulation of the little ones that constitute living, so do not be critical of the little faults and do be quick to find the little virtues and praise them.

Eye Strain Headaches

Manitoba lady tells how headaches disappeared with the use of Dr. W. Chase's Nerve Food.

Women who use their eyes much for reading or fine needlework are sure to find eye-strain and nervous, sick headaches among the first symptoms when the nervous system gets run down.

As a positive cure for headaches, not merely relief but cure, Dr. A. W. Chase's Nerve Food stands without a rival because it gets at the cause of the trouble and builds up the nervous system to health and strength.

Mrs. Geo. Fuller, Lakeland, Man., writes:—"Dr. Chase's Nerve Food cured me of Nervous headache, from which I was a great sufferer, and I am no longer troubled with twitchings of the Nerves in the arms and legs."

The portrait and signature of A. W. Chase, M.D., the famous Receipt Book author, are on every box; 50 cents at all dealers, or Edmanson, Bates & Co., Toronto.

Dr. A. W. Chase's Nerve Food.

STAY IN THE HOME CIRCLE.

If I had anything to do with a girl's future career, I should advise her by all means to stay within the home circle.

There may be trials and tribulations innumerable to put up with, but you will remain human, more real flesh and blood, and less of a machine. The majority of women were never intended for business life.

To be successful the discipline is by far too rigid, and takes from a woman that feminine grace and womanliness that should be hers by nature's right. I have met women in the business world so strongly opposed to it, that they advocated a "poor match," even rather than a dedication of a young girl's life to the business world.

In order to be successful as a business woman, you must be drilled and drilled until all the little finer sensibilities of things, and the feministic influences are buried underneath. Your mind must be cut and trimmed to that nicety of business tact, that your presence in the business world will not command from either man or woman a passing thought as to sex.

DR. WOOD'S NORWAY PINE SYRUP

Is A Remedy Without An Equal For COUGHS, COLDS, And All Affections Of The THROAT and LUNGS.

Coughs and Colds do not call for a minute recital of symptoms as they are known to everyone, but their dangers are not understood so well.

Dr. Wood's Norway Pine Syrup is not sold as a Cure for Consumption but for affections tributary to, and that result in, that disease.

Dr. Wood's Norway Pine Syrup is not sold as a Cure for Consumption but for affections tributary to, and that result in, that disease. It combines all the lung healing virtues of the Norway pine tree with other absorbent, expectorant and soothing medicines of recognized worth, and is absolutely harmless, prompt and safe.

Punny Sayings.

"I have here," said the long-haired visitor who had wandered into the sporting editor's room by mistake, "a short poem I wrote on 'Niagara Falls.'"

"You don't say?" snorted the sporting editor. "How in thunder did you keep your paper from getting wet!"

THOSE HAMELITICANS.

At a dinner during the recent Episcopal convention at Richmond a young lady sitting near the bishop of London said to him: "Bishop, I wish you would set my mind at rest as to the similarity or dissimilarity between your country and ours on one point. Does the butterfly because the tomato can?"

The bishop laughed heartily at this vivacious sally. Not so a young Englishman of his party, who, after dinner, sought his host, "I want to know, you know," he said, "about that joke of Miss D's. She asked if the butter flew because the tomatoes could. Pray tell me what the point is."

"I want another box of pills like I got for mother yesterday." "Did your mother say they were good?" "No—but they just fit my air gun."

HE PUT HIM OFF ALL RIGHT.

"Now, see here, porter," said he briskly, "I want you to put me off at Syracuse. You know we get in there about 6 o'clock in the morning and I may oversleep myself. But it is important that I should get out. Here's a five-dollar gold piece. Now, I may wake up hard. Don't mind if I kick. Pay no attention if I'm ugly. I want you to put me off the train no matter how hard I fight. Understand?"

"Yes, sah," answered the sturdy Nubian. "It shall be did, sah!" The next morning the coin-giver was awakened by a stentorian voice calling: "Rochester!"

"Rochester!" he exclaimed, sitting up. "Where's the porter?" Hastily slipping on his trousers, he went in search of the negro, and found him in the porter's closet, huddled up, with his head in a bag, his clothes torn and his arm in a sling.

"Well," says the drummer, "you are a sight. 'Why didn't you put me off at Syracuse?"

"Wha-at!" gasped the porter, jumping up, as his eyes bulged from his head. "Was you the gemmen' dat give me a five dollar gold piece?"

"Of course I was, you idiot!" "Well, gen, befoah de Lawd, who was dat gemman I put off at Syracuse?"

Warts on the hands is a disfigurement that troubles many ladies. Holloway's Corn Cure will remove the blemishes without pain.

History of the Church.

There is nothing so beautiful, so graceful, so noble, so animated, so expressive, so spiritual, so divine. For this reason the Apostle wishes that man should not cover his head because he is the glory of God. It would seem that God looks upon the head of man as his masterpiece and is anxious that it be admired. The interior of the body presents also its wonders: Anatomy and medicine have discovered such great and numerous marvels that all prodigies of science, arts and trades on earth do not appear to be more than a wonderer compared to them.

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 without 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 85 by 20 miles.

I have to add to my many anxieties, I have no Diocesan Grant, No Endowment (except Hope). We must have outside help for the present, or haul down the flag.

Father Gray, Catholic Mission, Fakenham, Norfolk, England.

P.S.—I will gratefully and promptly acknowledge the smallest donation and send with my acknowledgments a beautiful picture of the Sacred Heart, and St. Anthony.

Letter from Our New Bishop.

Dear Father Gray.—You have duly accounted for the amount which you have received, and you have placed them securely in the names of Diocesan Trustees. Your efforts have gone far towards providing what is necessary for the establishment of a permanent Mission at Fakenham.

Synopsis of Canadian North-West HOMESTEAD REGULATIONS

ANY unnumbered section of Dominion Land in Manitoba, Saskatchewan and Alberta, excepting 8 and 26, not reserved, may be homesteaded by any person who is the sole head of family, or any male over 18 years of age, to the extent of one-quarter section 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 homesteader.

The homesteader is required to perform the conditions connected therewith under one of the following plans:

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

(2) If the father (or mother, if the father is deceased) of the homesteader 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 permanent residence upon farming lands owned by him in the vicinity of his homestead the requirements as to residence may be satisfied by residence upon said land.

Six months' notice in writing should be given the Commissioner of Dominion Lands at Ottawa of intention 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 Accumulated Funds... \$47,410,000 Annual Revenue..... \$8,805,000

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

Head Offices—London and Aberdeen Branch Office for Canada 88 Notre Dame Street West, Montreal

ROBERT W. TYRE, Manager for Canada. MONTREAL CITY AGENTS ENGLISH DEPARTMENT ARTHUR BROWNING, FRED. G. REID, 255 Board of Trade, 30 St. John St. Tel. Main 1743. WILLIAM CAREW, 33 St. Nicholas St. Tel. Main 1539.

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The generosity of the Catholic Public has enabled us to secure a valuable 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 "little." 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.

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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.

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THE ARTIST'S FACILITY

What has been improved, and of the individual added to the modern artificial teeth, have been ensues have been beautiful faces. No one need look as if they were old, and many improvements played in rest-tone and expression that it is a dentist to wear age by from the muscles of the face, an aged appearance quickly as the drooping and hollow conditions are possible to restore as well as the same extent as teeth. Long artificial teeth, the muscles of full extent open sure against the it is still possible. When the nature of change in the individual lines running nose to the come come much more in the deep wrinkles of the muscles of lips contract facial support, a drawn, haggardly aging the in—some respiration long illness.

Distill

If one is to do thing that is vital journals, distilled water, as the best and drink, even poisons to the That it is the drink, if by pu

Old Ca

Old Rock of age In glowing your name Your stately s herit, With lustrous fame. Your daughters rarest, And sons unco flock, Which makes radiant That lights Cashel's ro

Poets write of And founts And glorious gal; Such bards of duty Like the unsh Tara's wall Compare this st With dull or lock, Then history's glory That hangs ar el's Rock.

Old Rock! your dearing, And proudly Vale. No Saxon plund Your glorious alle. Though cannot unshattered And give inva shock. Your spirit hau daunted, That yet shall el's Rock. Old Rock! tis leaving Thy sons and