## HOME INTERESTS.

Conducted by HELENE.

a doubtful character shock not only Catholics, but non-Catholics as well Perhaps they argue that they themselves suffer no barm, and that they can, therefore, safely attend like ridding the system of where others could not. Can they? Is it nothing in their eyes that others are scandalized by their conduct? Have they no duty to set for others, or ast to avoid giving bad example? This taking into account the welfare of others as well as our own should never be neglected. We are not isolated atoms that receive or them, softly, may be, but surely give nothing to others. We are inby others and we influence them, and we can exert a power for good or evil if we choose. If we are faithful to religious and moral duties, others will not find in our conduct an excuse for doing evil; nor will those who, knowing the obligations of a Catholic, and expect Catholics to live in accordance with those duties, have so often to complain that Catholics are not the force for good in the community that they should be.

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DON'TS ON DRESS.

Don't expect your hair to shine un less you brush it well every night

Don't wear your walking dress in

Don't (if you can help it) use cheap, poor ribbon in millinery. Don't send anything to the laun-

dry before it is marked. Don't on any account put a dress away without brushing it.

Don't forget to iron the wrinkles out of sleeves occasionally. Don't let boots and shoes

through before they are soled. Don't take a bodice off and put it away immediately-lay it out to

Don't hang a skirt up by the fastening-fix two tapes to it for this

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OLD EMBROIDERED HANDKER-

The next time an embroidered handkerchief wears out take a sharp pair of scissors and cut the embroidery carefully out of the linen as close to the embroidery as possible. It will not ravel if the edge is firmly wrought. The embroider can be returned to another handcerchief if you wish, side stitched on with tiny stitches. If it is ar initial letter baste it securely first. so it will not be drawn out shape while being sewed.

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LEARN TO LET GO.

The person who wants to be heal thy morally, mentally and physically nust learn to let go, writes Evelyr Pickens in Medical Talk. Let go of the little irritations and the petty vexations that cross your every day. Don't take them up and them. They are not worth "A lie which is ile. Let them go.

That little difference that exists between yourself and your neighbor. that you argue and bicker time you meet, drop it and let it You can't afford to lose good neighbor, or a friend, by sim ply hanging on to some difference of inion, and spending your time quarreling over it instead of en oying each other and talking about the things on which you do Don't argue with any one anyhow. It will do no good. se remember, that arguing mean ertain death to love and friendship. You may think not, you may to accomplish something by arguing, but you will accomplish nothing but a loss of respect for each other and the total destruction for ose kindly feelings that once

existed. Respect each other's opi-nions and let go the arguing. That little hurt that you got from That little hurt that you got from a friend, perhaps it wasn't intended, perhaps it was, but no matter, let it go. Refuse to think about it. Let go of that feeling of hatred you have for another, the jealousy, the envy, the malice, let go suich thoughts. They are foul and unclean and you should refuse them

Catholic women attending plays of habitation within your thought or memory. Sweep them out of your mind and you will be surprised what a clearing up and rejuvenating effect it will have on you, both phyfor such thoughts do act as poison diminishing the secretions of body, clogging up the organs, and vitiating the them go, let them go; you

and shelter them at a deadly But the big troubles, the bitter disappointments, the deep the heart-breaking sorrows, tragedies of life, what about them? Why-just let them go, too. Drop put away all regret and bitterness and let sorrow be only a softening memory. Yes, let them go-let then

get in the habit of doing it-letting go of these things. You will find it such an easy way to get rid the things that mar and embitter life that you will enjoy letting then go. And then when you no longe give any time to vexations worries and irritations, to hatre or envy or bitterness, and waste no more time in talking about that, or the other ailment, then you can give the whole time to use ful thoughts, healthful thoughts You will find the world such a beautiful place. You will love it simply for the warm sunshine, for the blu skies, and for the stars that shine at night. It will all be beautiful to you because you will be free to en joy it, free in mind and body. You will no longer be depressed with un wholesome thaughts; and your mind will' become buoyant and clear strong, and your body will spond with a vigor and vitality and vivaciousness that will make existence a pleasure.

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HOW TO USE ALMOND MEAL IN WASHING

Use almond meal for washing the hands in place of soap, and the skin will not get dry and wrinkled. is the soap that takes out all natural oil. Make a paste of meal and sweet almond oil to on the hands at night, then sleep in kid gloves, clean and light color ed, cutting the palms and finger tips also for ventilation. If the hands are filled with grime, rub them first with clean lard, them wash with warm (not hot) water and a Rinse several times, oap. Wash again with the almond meal warm water, rinse and dry and rub with cold cream.

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SHUN ALL SHADES OF LIES.

It should be pointed out to children that a lie may be told by silence, by equivocation, by the cent on a syllable, by a glance the eye attaching a peculiar significance to a sentence. And all these kind of lies are worse and baser by many degrees than a lie plainly that no form of blind vorded, so onscience is so far sunk as which comforts itself for having deceived because the deception was by gesture or silence instead of utter ance. And finally, according to them and nurse them and brood Tennyson's deep and trenchant line: the worst of lies."

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TIMELY HINTS.

When ripping up the seams of old skirt, if the ripping is started from the bottom the goods are much less likely to tear at the edges.

Dates are excellent for people with consumptive tendencies, easily digested and contain an abun dance of sugar.

Malic acid is peculiarly helpful to the body, and apples, pears, plums, peaches and cherries all contain it Tomatoes also contain it.

Potatoes, the old standby, tain all the inorganic elements of the body except fluorin. They contain a quantity of potassium salts goo for nerve and muscle.

Tomatoes are among the fruits Tomatoes are among the fruits rich in potash, especially good for the blood and with a marked action on the digestive operations. They provide alkaline matter for the bile and are wholesome for people who suffer from jaundice or sick headaches.

CAUGHT COLD ON THE C.P.R.

A. E. Mumford tells how Psych cured him after the Dectors gave him up

"It is twelve years since Psychine cured me of galloping consumption." The speaker was Mr. A. E. Mumford, six teet tall, and looking just what he is a husky healthy farmer. He works his own farm near Magnetawas, Ont.
"I caught my cold working as a fireman on the C.P.R." he continued. "I had night sweats, chills and fever and frequently coughed up pieces of my lungs. I was sinking fast and the doctors said there was no hope for me. Two months treatment of Psychine put me right on my feet and I have had no return of lung trouble since."

since."

If Mr. Mumford had started to take
Psychine when he first caught cold he
would have saved himself a lot of anxiety
and suffering. Psychine cures all lung
troubles by killing the germs—the roots of

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

citric acid supplies the blood with cooling agent, making this fruit a febrifuge. Oranges act in the same way, but with slightly less strength.

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RECIPES.

Broiled Herring-For instance nerring is universally baked, but many cooks insist upon always frying it, with bread crumbs. people have come to believe, many of them, that this is the only edi ble way of cooking the fish. following mode will be welcom a change :

Broiled Herring with Mustard oose fresh herring with soft roes, cut off head, clean, but do Dip them in olive oil, season well with salt and pepper, and leave them to absorb in sea soning for at least an hour. Broil them on a gridiron over a slow clear fire until done-fifteen minutes is usually sufficient time and the process they should be turned often Place the herrings on a hot dish and pour over them this sauce: of flour and one tablespoonful of mustard, rubbed smooth in cold water. Add one cupful white stock, and place over a until it boils and becomes thick then add one teaspoonful of chopped parsley, pepper and salt to Just before serving add one ounce of melted butter, stir well and serve with herring.

Salmon is the housewife's comfort Salmon cutlets in papers is an unique way of serving this fish that will meet with favor. Take slices inch thick from the middle of fish, wrap them separately in oiled paper and fry in boiling fat. When done take them out, drain and serve with the paper still on. A quantity of anchovy sauce should be served in a separate dish.

Spiced oysters should be made the day before they are required. Place a hundred with their strained liquor into an earthenware jar, add half nutmeg grated, eighteen cloves, four blades of mace, a teaspoonful of allspice, a dash of cayenne pepper, one teaspoonful of salt and two table spoonsful of strong vinegar. Stir spoon. Place over a moderately slow fire, removing the pan often to stir thoroughly, when they come to boil pour into a pan and set away for twenty-four hours to cool ripen.

FUNNY SAYINGS

THE MASTER'S MISTAKE.

Archdeacon Sinclair tells a good story of the famous Dr. Keate, as headmaster of Eton.

He was so great a disciplinarian that he earned the sobriquet which will ever cling to that other great schoolmaster, Bushby of Westmins-ter, and was called the "Flogging

boys in his study, he began as usual to flog them. They were too terrified at the awful little man to remons trate until he had gone half-way down the row, when one plucked up courage to falter out: "Please, sir, we're not up for pun-shment—we're aconfirmation class."

A BOTTLE INSTEAD OF A GLASS

g Scots clergyman, and was to each a "trial" sermon in a strange surch, says Tatler. Fearing that at he might have a smudge that he might have a smudge on his face, he quietly and significantly said to the beadle, there being no mirror in the vestry, "John, could you get me a glass ?"

John disappeared, and after a minutes returned with something shment of the divine, he produced in the form of a bottle with a gill of whiskey in let on about it, meenister, for I got it as a special favor; and I wadna hae got it ava hadna told them it was for you."

> 4rt 4rt 4rt ANOTHER FANCY NAME

A clergyman, in baptizing a baby, aused in the midst of the service to inquire the name of the infant. which the mother, with a profound courtesy, replied:

"Shady, sir, if you please." "Shady," replied the priest. "Ther t's a boy, and you mean Shadrach,

"No, please your reverence, it's

"And pray," asked the inquisitive pastor, "how happen you to call the child by such a strange name?"

"Why, sir," responded the woman 'if you must know, our name Bower, and my husband said as how he should like her to be called Shady because Shady Bower sounds pretty."

\*\* \*\* \*\* BOTH HAVE WHEELS.

A class of little girls at school was asked the meaning of the "philosopher."

Most of the hands were extended, out one child seemed specially anx what is a philoso-"Well, Annie,

pher ?" asked the teacher. "A man what rides a philosopede," vas the little girl's answer.

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HE KNEW HIS PEOPLE.

Just before the collection was taken up one Sunday morning negro clergyman announced that he regretted to state that a certain brother had forgotten to lock loor of his chicken house the night before, and as a result in the morning he found that most of the fowls had disappeared. be pussonal, bredr'n." he added 'but I hab my s'picions as I also hab rec stole dem chickens. son fo' believin' dat if I am right in dose s'picions dat pusson won't put any money in de plate which will be passed around.

The result was a fine collection: no a single member of the congregation feigned sleep. After it was counted the old parson came forward.

"Now, bredr'n," he said, "I doan" want your dinners to be spoilt by wonderin' where dat brudder lives who doan' lock his chickens up night. Dat brudder doan' exist mah friends. He was a parable gotten up fo' puppose of fi

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SHE DIDN'T SLEEP WELL.

A woman who lives in an inland own, while going to a convention in a distant city, spent one night the journey on board a steamboat. It was the first time she had ever travelled by water. She reached journey's end extremely fatigued. To

"Yes. I am tired to death I don't know as I care to travel by water again. I read the card in stateroom about how to p life-preserver on, and I thought understood it; but I guess I didn't. Somehow, I couldn't go to sleep with the thing on."

## **MILBURN'S** LAXA-LIVER PILLS

are mild, sure and safe, and are a perfect regulator of the system.

They gently unlook the secretions, clear

THE POET'S CORNER เอ

GOSSIPING OF SPRING

At the crest of the The pine tree stood like a tent The hemlock wore a hood: And many another bole Towering far aloft, Was wrapt in a samite stole.

A gentle whispering Seemed wafted from tree to tree, Like a broken melody Chorded tender and low; 'We are gossiping of spring,'5 Said a birch, with a friendly nod, "Of how we will joy when the snow Will let us look at the sod "

Then came a truant crow With a lusty, rusty note, And a squirrel, sleek of coat, With his chirrup ever glad, So we all chimed in, and oh, What a cheery, chattering, Frolicsome time we had Just gossiping of spring ! -Clinton Scollard.

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AFTERGLOW.

After the clangor of battle There comes a moment of rest. And the simple hopes and the sim-

And the simple thoughts are best.

After the victor's paean, 'After the thunder of gun, There comes a lull that must come Before the set of sun

Then what is the happiest moment? Is it the foe's defeat?

Is it the splendid praise of a world That thunders by at your feet Nay, nay, to the lifeworn spirit The happiest thoughts are those

us back to the simple That carry And the sweetness of life's repose

a simple love and a simple trust And a simple duty done, Are truer touches to light to death Than a whole world's victories -Wilfred Campbell.

> 4-t 4-t 4-t A BOOK-LOVER'S WISH.

Lighted from the western sky, Where no glare dispels the gloom, Till the golden eve is nigh;

A LONELY HEART.

Morning after morning the priest omes forth to renew the oblation of the spotless victim. A few there who, with bowed heads and lowy hearts, kneel about the altar. Softly rings the bell, telling that once more the Saviour has de to earth as He came long ago an

Jesus is alone, saying: "Man, man, why do you thus carelessly pass Me by? Why do you thus leave Me alone? Is it dose helps to make new, rich, red, health-giving blood, which reaches this I consented always to remain on earth? This solitude crushes me. This loneliness crushes Oh, man, man, come to Me, to My comfort now, and I will be your solace for eternity."

Hard indeed must be our hearts if we turn a deaf ear to this appeal of our loving Saviour.

Ruth in his lap, was about to te ephone a message to a distant city While waiting for the connection to be made, little Ruth asked if she might talk over the open wire. The young lady operator heard the ques ion and said, "Yes, please let her." Ruth, taking the receiver, first told er name. Then the operator asked her where she was, and to this Ruth

the works of sear

thought, Chosen books, may still impart what the wise of old have taught, What has tried the meek of heart Books in long dead tongues that Loving hearts in other climes;

Telling to my eyes, unheard, Glorious deeds of olden times ooks that purify the thought, Spirits of the learned dead, Teachers of the little taught, Comforters when friends are fled. (From Barnes's Poems of Rural

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Life.)

JUDGE NOT.

Be not alert to sound the cry of shame

Should'st thou behold a brother falling low, His battle's ebb thou seest; but

The brave repulse that heroes' praise might claim, Of banded foes that fierce against

him came, His prowess long sustained, his yielding slow;

Till this thou knowest as thou canst not know, Haste not to brand with obloquy

"Judge not!" hath said the Soverign Judge of all, Whose Eye alone not purblind is nor dim;

Perchance a swifter than thy brother's fall, Hadst thou received from those who vanquished him.

He coped, it may be, with unequal odds-Be thine to pity, but to judge him,

God's.

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FORGETFULNESS. long a woodland streamlet's side He walked in budding April hours, and by the winding pathway spied

Two white unfolding flowers.

One flower he plucked and went away His home a little while it graced, But drooped at last, and slow de-

Its fading life effaced

Ah, but remembrance keeps no room For blossoms dead; his heart will dream

Of the sweet flower he left in bloom Beside its native stream!

Eugene -C. Dolson.

Soon it is all over. One by the people silently steal away. The priest reverently departs. And He who wept is once more alone. Alone A sympathetic friend out of all the multitude, ever and anon finds way to the feet of Jesus, the little lamp ceases not to flicker as it burns itself away in love, but for all else

MAYBE SO.

Uncle Walter, with his little niece

"T am in Uncle Walter's lap-don't

A SPRING TONIC.

Weak, Tired and Depressed Peopel Need a Tonic at This Season to Put the Blood Right.

Spring blood is bad blood. Indoor ife during the winter months is responsible for weak, watery, impure up the blood in the spring just as much as a tree needs new sap to rive it vitality for the summer. the spring the bad blood shows itself in many ways. In some it breeds nay be through occasional twinges of rheumatism, or eeling in the morning and a desire to avoid exertion. spring ailments it is a tonic ed, and the greatest health-giving tonic in all the world is Dr. Williams' Pink Pills. Every every nerve and organ in the bringing health, strength and energy to weak, despondent, ailing men and women. Here is proof. Mrs. Charles Blackburn, Aylesford Station, N.S., Williams' Pink Pills is the only medicine I have taken when I found I needed a medicine. Last spring I was feeling poorly, was weak, easiboxes and they made me feel like a new person. These pills are the best medicine I know of when the blood is out of order."

is out of order."

Thousands of people not actually sick need a tonic in the spreng, and to all these a box or two of Dr. Williams' Pink Pills will bring new energy and strength. To those who may be more seriously alling. Who are suffering from any of the allments due to had blood—a fair treatment of these pills will bring new health and vitality. You can get these pills from any medicine dealer, or hy mail from the Dr. Williams' Medicine Co., Brockville, Ont., at 50 cents a box, or six boxes for \$2.50.

re with us—the merry gr tle folks here and then marble playing, rasping voice of the crow we all are, I am sure. Ma welcome to the corner. Joseph C. is still an inv just beginning to think

ar Girls and Boys:

friends from Kou forgotten me whe came. I h yet to divulge my little ther recompense, for the tributor to the Corner, of my little friends seem

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AUNT

ed. Love to all my nied

Dear Aunt Becky: I promised to write an about St. Patrick's d did not go, for it was to My father and sister wen lovely time. There w Mass at ten-thirty, and a mon preached by Father there was a lovely dinner evening there was a very cert; the hall was crowd

dear Aunt, my sore leg tired, so I will have to o From your loving n JO

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Granby, March 26.

Dear Aunt Becky: May I enter your club reading the letters every have taken the True Wit since I can remember. I teen years old, and have farm, My papa keeps a snow is about all gone l you had any new su haven't. I am in the fou Our teacher's name is Miss . I got the prize in last term. I spent St. Pa day is my mamma's bi gave her a pretty fruit di sister gave her a vegetab

remain, hoping to see my Your niece.

St. Cyr, April 1st, 190 the det de

Dear Aunt Becky: As I have not written long time, I thought I v you a few lines and I my letter in print next we I and my brother have for write to you. I saw this in print this week. As getting short, I will cl

good-bye. From your loving ni Love to all my little c

me and my brother. Kouchibouguac, March \*\* \*\* \*\*

MY ANGEL GUIT He walks beside me all t And tells me what to do He gently points up to th

My angel guide.

When tempted oft to go as Rebellious temper has its He kneels with sweet upl An angel robed in human My angel guide.

He holds me from the pa He purifies my soul within And, tho' my heart may pain

Tells me no cross, no cros My angel guide. He's ever whispering at I

He does my every footste And leads me with a har To realms of peace—to Ge My angel guide. It Will Prolong Life-De Spaniard, lost his life in of Florida, whither he w uprose of discouring th "Fountain of perpetual y

rountain of perpetual y to exist in that then unk to exist in that then unk try. While Dr. Thomas Oil will not perpetuat will remove the bodily p make the young old time and harass the aged timely graves.