

HOME INTERESTS.

Conducted by HELENE.

"There are exceptional men and exceptional women who can lead and ought to lead great careers of outside usefulness in addition to—not as substitutes for—their home work, but I am not speaking of exceptions; I am speaking of the primary duties, I am speaking of the average citizen, the average man and woman who make up the nation." This sentence is taken from the address delivered by President Roosevelt before the National Congress of Mothers at Washington, which was reproduced in full with his permission in the July Ladies' Home Journal. The perusal of the entire address might be read with advantage by everyone. The President is nothing if not practical. He has no recourse to maudlin sentiment, but strikes at the root of the matter and speaks plainly to the women of the great Republic, but much in it can be applied to ourselves. The keynote of the discourse is duty—a quality much misunderstood, a great deal passing for it which, when analyzed, is simply a selfish gratification of our own whims and fancies. Faddism has its votaries in almost every class of society and has in many cases substituted some of its phases for the appointed tasks of the home-keeper. Man has a close competitor in society and club life. There is, let us say, "this" organization for the suppression of the sale of cigarettes to children, "that" for the improvement of jails and asylums. This last is not too bad an idea, as it is not improbable that while attending society meetings the first seeds are being sown which, when matured, will pave the way to the jail for the society mothers' neglected children. I have in my mind at this moment a child whose mother has a craze for attending meetings having for their object the "general improvement of mankind." This little one is very bright and clever, but delicate and in great need of a mother's care. To a certain extent this is given as far as education, suitable clothing and proper food is concerned (but there is a distinction between the care that is obligatory by the laws of motherhood and that given to the lower animals) yet I have known that child to come home from school days without number to find her mother away at some society meeting, she having to ask to be allowed to stay in a neighbor's house until such time as her mother would return, she who, in interesting herself in other vineyards had forgotten the duties of her own, and for which an account will one day be demanded. We must admit that there are outside interests, but, as the President emphasizes, they must be in addition to—not substitutes for—the home task. When there will be founded the Woman's Stay-at-Home Club, whose members will be fully cognizant of all its requirements and obligations, then, and only then, will the home be what it should be, a haven of peace for the home maker, a safe refuge for the little ones, with mother to encourage, to smooth out the rough places, to bind up the wounds, all this expressive of the mother love so strong that nothing can diminish its intensity. If devotion and sympathy such as this exists in the home, the mother has nobly fulfilled the great mission entrusted to her—the divine task—and in very truth her husband and children shall rise up and call her blessed.

FASHIONS.

White fiber braid or soutache trim some of the white serge cloth models and are often used with excellent results though the most stylish tailors are using braid less than they did earlier in the season, and the soutache when it is used is more likely to be seen on in fine vertical lines rather than in the scroll designs. Long fitted single-breasted coats are made for other than white serge

costumes, and these often have the coat collar in black velvet. A few imported frocks of this sort show also buttons covered with black velvet. A deep emerald green velvet is substituted for the black upon other French models, and with a parasol of the same green and a repetition of the green in the hat, this color scheme is distinctively attractive. Green silk stockings and white shoes laced up with broad soft grosgrain ribbon of the same green would consort amicably with such a costume, and this use of white shoes with contrasting lacing and hosiery is, by the way, extremely chic for outing wear.

White mousseline chiffon cloaks, cowbeby with lace and affording more protection than their floating airiness would suggest, are numerous and becoming, and coats all of cream or white lace are particularly fancied. Chantilly is in demand for these coats, though other fine laces are also used, and almost always motifs of heavy lace—Irish, Venetian, guipure, etc.—are combined with the light lace foundation.

Long straight scarfs are made, like the little cravats, of little overlapping frills of sheer stuff or lace, and one beautiful imported scarf of this shape had tripple frills of chiffon for a border, while the centre of the scarf was covered throughout its length by huge white silk and velvet poppies with touches of yellow and green at their hearts. The poppies were applied flatly to a chiffon and silk foundation, and their great, loose, crinkled silk outer petals overlapped each other.

White mohair frocks are many and popular, but even mohair will not stand wear and dampness as will a good serge, and despite the approval of fashion, many women will have none of mohair.

TIMELY HINTS.

Clothespins need washing occasionally to keep them in good condition. It is a good plan to put them in the copper after the clothes have been taken out. After they have had a good wash they should be thoroughly rinsed in clean water.

If curtains are allowed to dry before being starched, they will last clean quite a month longer.

To clean black cashmere wash the goods in hot suds containing a little borax. Rinse in very blue bluing water and iron while damp.

To clean bronze ornaments take one dram of sweet oil, one ounce of alcohol and one ounce and a half of water. Apply quickly with a soft sponge, but do not rub.

Starch for table linen is made by putting one tablespoonful of dry starch into two quarts of boiling water after having first dampened the starch with cold water. Let this boil for ten minutes, stirring constantly and adding a little wax, lard or butter. Fine, heavy damask table linen does not require starch.

The camel of an egg applied with a small camel's hair brush will remove fly traces and soil from gilt frames. The water in which onions have been boiled, if rubbed over the frames, will remove dust and specks and brighten the gilding wonderfully.

Every one knows that smelling salts are most refreshing when one is suffering from headache, but not every one knows that they may be easily made at home. Take one gill of liquid ammonia, a quarter of a dram each of rosemary and English lavender, eight drops each of bergamot and cloves. Put into a stoppered bottle and shake vigorously until well mixed. Fill the smelling bottle with asbestos or sponge cuttings and pour the mixture over them, taking care not to put in more than the sponge will retain, else the ammonia will run out and stain fabrics when the bottle is inverted.

RECIPES.

Frothed chocolate is a beverage much appreciated by invalids. The following recipe is a very excellent one: Cook in a clean granite basin until smooth and shiny two squares of chocolate, two tablespoonful of sugar, one level saltspoonful of salt and two tablespoonful of hot water or milk. Then add gradually, stirring all the time, a scant quart and a half of warmed milk. When smooth and bubbly whip lightly with an egg beater. Flavor with a half teaspoonful of vanilla. Have ready a half pint of cream whipped to a froth,

put a tablespoonful in each cup and pour the hot chocolate over it.

Egg and Cheese Salad—Line a salad dish with crisp lettuce leaves, and cover with a layer of sliced hard boiled eggs sprinkled with grated cheese. Thin mayonnaise dressing with sweet cream, and put a few spoonfuls on the cheese, adding eggs, cheese and dressing alternately, having the grated cheese on top.

Cucumbers are an important part of a fish salad that is possible only at this time of the year. Shad roe is boiled and put on the ice to cool. When it is ready to serve as a salad the skin is removed, and the roe, surrounded by alternate slices of cucumber and small tomatoes cut very thin, serves as a garniture, and counteracts the effect of the rich mayonnaise.

Swiss Pancake—Beat the yolks of four eggs light and then beat in gradually half a pound of confectioner's sugar, a quarter of a pound of sifted pastry flour, and fold in the whites of the eggs beaten to a stiff froth. Line a shallow baking dish with oiled or buttered paper, sift powdered sugar thickly over it and turn in the batter. Sift more sugar over the top and place in a quick oven. Bake about seven minutes, until firm in the centre when touched lightly with the finger. When done spread quickly with warm jam, roll up and serve in slices, hot or cold. When served cold whipped cream or vanilla ice cream is sometimes served with it.

Stewed Cucumbers—Stewed cucumbers are not nearly as well known as they should be. The flavor is very delicate, and often puzzles the uninitiated to know exactly what vegetable is being eaten. The cucumbers are peeled and quartered and the pieces cut crosswise three times. Stew in salted water and cook until tender. Drain and serve in a thin white sauce.

WHY MOTHER IS PROUD.

Look in his face, look in his eyes, Roguish and blue and terribly wise—Roguish and blue and quickest to see When mother comes in tired as can be;

Quickest to find her the nicest old chair, Quickest to see that a kiss on her cheek

Would help her far more than to chatter, to speak, Look in his face, and guess if you can,

Why mother is proud of her little man.

The mother is proud—I will tell you this;

You can see it yourself in her tender kiss,

But why? Well of all her little dears There is scarcely one who ever hears The moment she speaks, and jumps to see

What her want or her wish might be, Scarcely one. They all forget, Or are not in the notion to go quite yet;

But this she knows, if her boy is near,

There is somebody certain to want to hear.

Mother is proud, and she holds him fast,

And kisses him first, and kisses him last;

And he holds her hand and looks in her face,

And hunts for her spool which is out of place,

And proves that he loves her whenever he can—

That is why she is proud of her little man.

CHOOSING CHAIRS.

Why is it that so few women seem to know how to choose comfortable chairs when they are furnishing their homes? We all can recall numbers of parlors, prettily and tastefully arranged, yet not containing one really comfortable chair! By that is not meant a lounging or reclining chair—many so-called "easy chairs" are such in name only—but a really and truly good chair to sit in, with the seat the right length from the floor and the back at the correct angle. For those who need not consider expense, there is no excuse for not having chairs to suit them. All cabinet-makers have chair patterns—that is, models of chairs with movable legs, arms and backs, which can be adjusted to exactly fit any person, and can guarantee chairs for each member of the family if they will come to be measured.

Such things are, however, luxurious and beyond the means of most housewives. Fortunately in factory made furniture, even among the cheaper grades, most comfortable chairs are to be found if care is only exercised in the selection. Don't buy a chair just because it is "pretty." Chairs are made to sit in, not to look at.

Don't buy a chair just because it is "odd." Chairs are not curiosities. If you have a tall family, have chairs with seats high from the ground, so that people shall not feel and look cramped in them. If, on the other hand, the members of your family are short, have low chairs, in which they can sit without footstools, but also remember that you may have tall guests, and provide one or two chairs for them.—Boston Traveller.

SOME THINGS A MOTHER OF BOYS SHOULD NOT DO.

She should not forget that if she treats her boy as a gentleman he will do much towards making him one.

She should not treat her boy to perpetual frowns, scoldings and fault-finding.

She should give him opportunities to enjoy outdoor exercises or sports, and she should not forget to train him with a proper regard for his personal appearance.

She should never allow him to form such habits as coming to the table in his shirt sleeves, neglecting his nails or teeth or carrying soiled handkerchiefs.

She should never nag him or forget that he is a creature of reason, not an animal which requires to be driven.

She should not try to break her boy's will, but be thankful that he is manly enough to have a mind of his own, and devote herself to training it to the noblest uses.

She should not fail to instil in him a distaste for all that is vulgar.

THE PROPER WAY TO PACK.

Everyone can pack after a fashion, but it is not everyone who knows how to set about packing methodically and in the right way. Twice the number of things can be got into a trunk, without crushing (as they will be when packed anyhow), if the packing is done about properly. Clothes should be folded neatly by the seams, boots and shoes and the heavier things placed at the bottom, and such things as are likely to be crushed at the top, when they should be taken up and shaken at the journey's end. The sleeves of blouses and bodices should be stuffed with tissue paper.

In packing luggage numbered lists should be made, in order that, if any special article is wanted, it may be known where it is. When packing hats, it is a good plan to pin them down, and to put a few linen collars neatly round the crown to prevent its being crushed in. Feathers and baggages are best taken out and placed flat.

Travellers should always put a few necessary articles, that will be wanted immediately after arrival, in a small bag, so that they can be laid hands on at once, and the large boxes left for a convenient opportunity; or in case the larger luggage should go wrong on the journey.

RENOVATING ORGANDIES.

To make lawns, organadies and mulls appear as new, is, after all, a simple process.

After washing, rinse them in potato water. Of course, no starch need be used in the washing, as the potato itself supplies a sufficient amount of starch. If the material is colored and therefore likely to run, wash in gasoline and water, then squeeze as dry as possible and gently clap between the hands until almost dry; then roll in a clean cloth. After a couple of hours iron on the wrong side, and all the freshness of the new material will have been restored.

To make potato water—Wash and peel two potatoes and grate into a quart of warm water. Let stand for an hour, strain through a cheese cloth and use.

TAKEN IN TIME.

"I have taught my children," said a mother I know, "to come to me immediately for even a pin scratch. I do not mean to exaggerate little pains, but my father, who was a physician, taught me how easy was precaution beside cure. I always keep on hand two good antiseptics, listerine and boracic acid in solution. Every fresh wound or scratch is bathed cleanly and wrapped in sterilized cheesecloth before a particle of dirt can enter. One so often finds children with stubborn sores on their hands or feet, which take long to heal. They are probably caused by a rusty nail, by a dirty sort of knife one finds in a boy's pocket, or by a broken bottle, which may have held anything. The slightest wound of this sort, if cared for immediately, will heal immediately."—Good House-keeping.

THREE SIDED HAMPER.

One of the most useful things that one can have in a house is a three



Turns Bad Blood into Rich Red Blood.

No other remedy possesses such perfect cleansing, healing and purifying properties.

Externally, heals Sores, Ulcers, Abscesses, and all Eruptions.

Internally, restores the Stomach, Liver, Bowels and Blood to healthy action. If your appetite is poor, your energy gone, your ambition lost, B.B.B. will restore you to the full enjoyment of happy vigorous life.

sided hamper for soiled clothes. It is much more satisfactory than the ordinary round or four sided hamper, as it occupies less space, besides being more sightly in appearance. It is strongly built of heavy wethes woven in and out and twisted around strong supports at the corners, and the front is rounded, thus giving more room inside without making any appreciable difference in the amount of floor space occupied. The top fits snugly and the hinges are serviceable and strong, as are also the handles, which are formed of rings securely attached.

VIOLET TOILET WATER.

To make violet toilet water mix together two and three-fourths drams of extract of violet, same amount of casia, five and a half drams of tincture of orris root, one and a quarter of tincture of civit, five drops of bitter almonds, five drops of rhodium, one half pint of alcohol and six and a half drams of rose water.

A BUGBEAR OVERCOME.

I have a sheet of asbestos, or, rather, two sheets, fastened together to cover the entire top of my kitchen range whenever it is in use for cooking purposes, more especially for frying, which spatters a clean stove, to the despair of the housewife, says a Good Housekeeping correspondent. Circles of asbestos are attached to the main sheet and can be lifted aside when the stove holes are used; for simmering and slow cooking the asbestos itself is just right and prevents all burning. By removing this sheet when the cooking is done, the stove is in immaculate condition, and its use saves one from blacking the stove for an entire season if careful about spilling.

THE NON-CATHOLIC MOTHER.

Speaking of the Church's abhorrence of mixed marriages, Archbishop Moeller, of Cincinnati, drew a distinction which is well worthy of note, by our Catholic young men. His Grace said: "I desire to emphasize that it will be much easier for a Catholic young lady to secure a dispensation to marry a non-Catholic young man than it will be for a Catholic young man to obtain permission to marry a non-Catholic young lady. The reason is plain: A Catholic mother can train her children as Catholics, but the non-Catholic mother can scarcely be able to do this. Hence there is more harm in a Catholic young man than a Catholic young woman."

FUNNY SAYINGS.

A BARGAIN.

Nell—Isn't she a peculiar girl? She wouldn't look at him when he was rich, but now, after he's lost all his money, she accepts him.

Belle—Well, you know how crazy every woman is to get something that's reduced.—Catholic Standard and Times.

CARRIED OUT.

The managing editor wheeled his chair around and pushed a button in the wall. The person wanted entered. "Here," said the editor, "are a number of directions from outsiders as to the best way to run a newspaper. See that they are all carried out." And the office boy, gathering them all into a large waste basket, did so.

A certain debating society is discussing the question as to which is the angrier, the husband who goes home and finds that dinner is not ready, or the wife who has dinner ready and whose husband does not come home. It is believed that the debate will end in a draw.

A PATRIOTIC IRISHMAN.

There has just been interred in Glasnevin cemetery an old Irish Nationalist whose remains, in response to a dying request, were conveyed by his widow all the way from Los Angeles, in California, to a last resting place in his native land. Mr. Thomas Brindley was born in Dolphin's Barn on November 17, 1838. About the year 1858 he removed to Cork. He opened business there, and in 1880 he emigrated to Los Angeles, where he opened up business and proved most successful in commercial affairs. Both in the Old Land and in the new Mr. Brindley always proved himself a staunch and active Nationalist, and his dying wish that after death his body should rest in Glasnevin has been piously executed by his widow. On arriving at Queenstown Mrs. Brindley and the remains were met by the Rev. J. B. O'Mahoney, D.D., of St. Finn Barr's College, Cork, who accompanied them to Dublin, and a short time since the deceased patriot was laid at rest amongst his own kith and kin in Glasnevin Cemetery.

They very face and form, dear Mother, speak to us of the Eternal; not like earthly beauty, dangerous to look upon, but like the morning star, which is thy emblem, bright and musical, breathing purity, telling of heaven, and infusing peace. O har-binger of day! lead us still as thou hast led! In the dark night, across the bleak wilderness, guide us on to our Lord Jesus,—guide us home.—Newman.

AILING WOMEN

Gain Health and Strength through Dr. Williams' Pink Pills.

Bloodlessness is the surest starting point of consumption. When your blood is thin and weak and watery your whole health declines. Your face grows pale, your lips and gums white, your appetite fails, and your heart jumps and flutters at the least excitement. You have frequent attacks of headache and dizziness, and sometimes fainting spells. You are always weak and wretched and lose heart in everything. These are the signs posts of consumption, and you may easily slip into a hopeless decline if you do not build up your blood with Dr. Williams' Pink Pills. They actually make new, strong rich red blood, which brings back your rosy cheeks, your hearty appetite, your strength, energy and general good health. Here is strong proof from Mrs. Samuel Behle, wife of a well known merchant and contractor at Sheet Harbor, N.S. Mrs. Behle says: "Some years ago I became so run down and distressingly weak that life seemed not worth living. I had a bad cough, was tired out at the least exertion and was unable to do oven light housework. I had the best of medical aid and medicines, but did not get any benefit, and grew so seriously ill that I was at last confined to bed, and my friends thought I was in a decline. My cough grew worse and I despaired of getting better. My husband then brought me Dr. Williams' Pink Pills, and to my joy they soon began to help me. Gradually my strength returned, my appetite improved, and the cough left me, and day after day I grew better until I was again a well woman. I have since had perfect health, and when I compare my condition now with the state I was in when I began taking Dr. Williams' Pink Pills, no one need wonder that I am enthusiastic in praising this medicine." Cases of this kind can only be cured by filling the veins with new, rich blood, and every dose of Dr. Williams' Pink Pills make rich, health-restoring blood, which goes right to the root of the disease. That is why these pills cure every-day ailments like anaemia, heart troubles, indigestion, nervousness, headaches and backaches, neuralgia, kidney troubles, rheumatism, erysipelas, and the special ailments of womanhood and girlhood. All these troubles are rooted in the blood, and Dr. Williams' Pink Pills is the only medicine that actually make new blood. Common medicine cannot do this, so you should insist upon getting the genuine pills with the full name, Dr. Williams' Pink Pills for Pale People, on the wrapper around every box. If in doubt send direct to the Dr. Williams' Medicine Co., Brockville, Ont., and the pills will be sent by mail at 50 cents a box, or six boxes for \$2.50.

Sacrifices made, labor undergone, sorrows borne, temptations resisted, we may offer as gold to ransom souls from sin, or to obtain grace by which they will not fall.

Dear Girls and Boys One sided correspondence is very interesting, so that the corner has to be good. I will attend I hear that you are all alive. Your love

SAVED SISTER BY

Eric Williams, the of Mr. H. Williams, Fort Francis, Ont., the lower dock at the week, accompanied Agnes, aged 5 years, ter fell into the water. With rare presence dragged his line along the little girl's dress her along in the water of the wharf, whence he and assisted her to Forest and Stream.

MANY WHITE ROBINS

White robins, a large which have been seen chigan during the p have attracted considerable attention. The birds have only spot on the breast. V tion of the light feathers the native species way.—Sturgis Journal

BIRD'S NEST IN BAN

While pulling banana Buck Chance discovered with three eggs. The centre of the bunch, had it been constructed the nest nor the eggs turbed in transit. The bananas are part ment received from Florida. The nest of fine moss and the fit na tree.

PATRON OF ALTA

On the last day of Church celebrates a feast hero, St. Dominic Val, martyrdom at an early born in Saragossa, Spain year 1243, about ten y canonization of the gre nic de Guzman, and in he was named. He wa for the devout manner served at the altar, and venerated as the special altar boys and chorists Thursday of the year Dominic was passing fr cathedral of his native was seized by the infuria was nailed to the very cathedral. His heart with a dagger, and the martyr expired, as did amid the jeers of the f. The body was taken down into the river Ebro, splendor played on the sp was marked the spe body lay. Many mif wrought by his interces

THE CABMAN'S H

Some people think that all course, rough men, w ways beating and ill horses, but I have found them quite different, and have a quiet chat with the Some little while ago, cabman was waiting at saw him fumble in his p at length get out a paper meats—such as little folks the name of "all-sorts." pieces of almond-rock, barley sugar, and wa things; he selected a cou mond drops, and placing the palm of his hand, hel to his horse, saying: "N my boy, here's a treat for Jerry pointed his ears, gentle snort, and whipped sweets in no time, then a beautiful sleek face agains man's shoulder, just as "What a kind old fellow you give my horse, sir," said to me. "He knows if he gets his "all-sorts," and wh he is just beginning to lag put my hand in my pocket the paper; the sound freshen and he is off like a shot." But now I will tell you h little folks taught their fat kind to his horse, and how this, he was led to observe bath day.