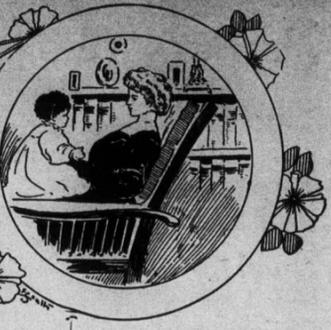


HOUSE AND HOME

CONDUCTED BY HORTENSE



We are firm believers in the maxim that for all right judgment of any man or thing, it is useful—may, essential—to see his good qualities before pronouncing on his bad.—Carlyle.

Girls' Increasing Height.

A search of the garret for old-fashioned clothes to dress up in does not yield so much as it once did. Behold, when great-grandmother's gloves come to light they are all too small for the younger generation. It is not a mere matter of stays and busks, for if it were, a tightened corset lacing might be endured for a single evening. But the girl of to-day is hopelessly taller than her forebear, and there is no remedy for the skirt, waist and sleeves too short.

The increase in the height of American women has doubtless gone on steadily for fifty years, but measurements have altered markedly in the last ten years. A skirt of forty-one inches was considered long in 1885. Now skirts of forty-four and forty-five inches are made by wholesale. Grandmother stood barely five feet in her shoes, but her daughter measures five feet four inches, and her athletic granddaughter measures from five feet seven to five feet eleven in her stockings.

The increase in height is not an unmixed good. To begin with, long clothes cost more than short ones. Six inches added to length of skirt and bodice make an actual increase in the cost of material. Moreover, tall girls, especially if they are slender, are not so easily fitted in the cheaper ready-made garments. The larger sizes all seem calculated for stout women.

Strangely enough, the average stature of the men of the coming generation has not increased so fast as that of the women, and there are many men not so tall as the girls of their own age. Such a man fears to dance, walk or even talk with a woman to whom he must look up physically, whatever he may prefer in her of moral superiority. It is little short of tragic when a long line of tall girls files past a group of short men, each avoiding the other with blank gaze and the secret reflection, "How I should look with him—her!"

Belgium's Queen is a Qualified Physician.

All Catholics are familiar with the life of St. Elizabeth of Hungary, whose virtues hallowed the thirteenth century, and who bore the beautiful title "Patroness of the Poor." At the present day Europe has another noble lady whose name is also Elizabeth and whose charity towards the poor and the afflicted is very notable and very beautiful. This is the new Queen of Belgium, wife of King Albert I. She studied medicine as a girl and was graduated with the degree of M.D. at Leipzig shortly before her marriage. She never practised, but she takes a direct and personal interest in the dispensary for poor consumptives she and King Albert founded some years ago. She is one of the few women upon whom the Pope has conferred the Order of the Golden Rose.

Turpentine Prevents Silk Stockings From Fading.

There was once a time when black silk stockings were considered fashionable with every toilet, but now it has become the fashion among well-dressed women to have everything to match, and from the crown of the head to the tip of the toe must be a blending of one color, which does not permit of the hard contrast of a light shoe and stocking against a black gown.

The only trouble with silk stockings is the washing of them. If the laundress is not an expert in that line a delicate and expensive pair can be easily ruined. The best way is to fill a basin with warm water and soapuds. Let the stockings soak a few minutes, then rub gently and rinse again in water of the same temperature. If the stockings are white a little bluing should be put in the water both times. In that way you will avoid having them turn that peculiar shade of yellow that all silk is sure to do.

Using a few drops of turpentine in the water with the soap will prevent the most delicate shades, such as pink, green and blue, from fading. Tan stockings are the most difficult of all to manage. They will get a greenish tinge to them that is impossible to keep them from running, no matter what care is taken, and the water in which they are washed is sure to be discolored. The best way is to wash a new pair first. Though the stocking

may fade a very little, the water will be a dark brown. Then take an old pair and let them soak in the water, in that way dyeing the old ones the original color.

No fine stockings should ever be ironed. After washing they should be shaken out and hung over a towel rack or the back of a chair. The hot iron removes the gloss and makes the stockings look as if they were cotton, not silk.

How to Wash a Plume.

The advice given by one woman for washing a plume is as follows: Lay the plume in a suds made of good white soap and cold water and let it stand for two or three hours. Then put into hot water, where it should remain for about twenty minutes. Then, with a piece of soft cloth or silk dipped in soapuds, remove any dirt which may remain. Lay it on a clean towel and touch with a piece of cloth rolled up to restore the curl. When almost dry shake until fluffy, place in tissue paper and put it in the warming oven of the stove to dry thoroughly. If necessary use the dull side of an ivory paper cutter in restoring the curl.

Word Most Often Misplaced.

"Oblige," of all the words in the English language, is the most frequently misspelled. This assertion is made by W. Stewart Thomson in a new edition of his "Public Examination Spelling Key," and is based upon practical experience and from evidence provided by the papers of competitors in civil service examinations.

"Not five per cent. of educated Englishmen," Mr. Thomson adds, "spell correctly, even in standard books and high class newspapers, the simple word 'repellent.' The English language is a living and a growing thing and, dictionaries as a rule are about fifty years behind the times. There is perhaps no more common fallacy with the experienced writer than the idea that in these days of free education and strict Government inspection, 'every schoolboy' can spell all the fairly common English words and that a spelling book should, therefore, contain only such as are of considerable difficulty.

One sad day when the sun's gold crown Jeweled the desolate, dreamy west, I came with a burden and laid it down Under the lilies and leaves to rest. And, weeping, I left it, and went my way, With the silence whispering, "God knows best!"

One sad day—it was long ago And thorny the way my feet have pressed, Since the tears and kisses I laid it low— Soul of my soul, and life-of my breast! And kneeling now in the dark to pray, There comes with a song from the surges west, The same sweet voice that I heard that day— The silence whispering, "God knows best!" —Frank L. Stanton.

Japanese Floral Calendar.

Reference is frequently made to the floral calendar of Japan. What this calendar is explained in the Housekeeper. The Japanese are extremely fond of all flowers, and they have therefore made a calendar from them, giving to each month a favorite blossom or leaf. Thus the pine—the emblem of lasting prosperity and life—belongs to January, and its branches are used to decorate all houses on New Year's day. To February belong the blossoms of the plum tree, which stand for purity, and the beautiful blossoms of the peach tree, to which young girls are compared, are associated with the month of March. Next the cherry blossom, the most beloved of all flowers, is held to belong to April, and to May are assigned the gorgeous clusters of the wistaria vine. The iris flower, to which is compared the strength and beauty of young boys, belongs to June, and July has the glory and perfume of the water lily. The flowering hibiscus tree attaches its beauty to the month of August, while September lays claim to the exquisite charm of the azalea. The royal flower of Japan, the chrysanthemum which forms part of the crest of the imperial family, belongs to the month of October, while to November is given the maple leaf, admired for its decorative quality. Finally, with December is associated the beautiful camellia, which blooms in the gardens even in the midst of snow.

The Moulding of the Little Ones.

(Specially Written for the True Witness.)

How smoothly and beautifully would life glide along if the main object of existence were to make children wisely happy. I say wisely and I say happy. "That is all ye know on earth and all ye need to know." Therein lies the quintessence of happiness for all, the blue flower of joy, the crown of earthly success. Reduce your maxims, your axioms, your theories to this one—the world was made that little ones should be wisely happy. I wrote wisely and I wrote happy. This is an age in which the simple life is advocated. Could a simpler precept exist than that.

How the old world would revive under the new regime if men and women looked into their hearts and souls and questioned their use and duty in this life. What is it but to perpetuate the race to the best advantage? Bringing children into the world, feeding, clothing and keeping life in them is not all or even part of their duty. They must be made into good, strong, happy men and women, honest, willing, kindly. And how shall they be all those things if the seed is not planted in their young hearts. The growth is slow but sure, "as the twig is bent so the tree inclines." Fathers and mothers cannot shake their heads and say, "Look how they have turned out." Ah! No. They were weak, helpless handlings of humanity when they first lay in their hands, to be stamped with their inheritance, their example, their power. "Look how we have turned them out." Children do not form themselves. According to God's plan they are to be formed.

Are You Just Right?

Many women spend their days lamenting their lack of or excess of flesh when possibly, if they but knew it, they are just the right weight for their height:

Table with 2 columns: Height and Weight. Rows range from 5 feet 1 inch to 6 feet.

Hints for Housewives.

When making catsup, cream soup, etc., to strain vegetables use a flour sifter with a crank. It can be done in one-third the time as when a colander is used. To keep grape juice when bottled, lay each bottle down on its side in a drawer or box, in this way keeping the cork moist with the juice. This prevents the air getting in. To preserve jelly from mold use the following method: Beat the white of an egg until stiff. Spread on top of jelly and cover. When baking sweet potatoes save time and gas by placing a pan of water in the oven and they will bake in half the usual time and the skins will not be so thick and dry.

Invert all hard cooking dishes over steam or hot water for a few moments and every particle will wash off easily, especially dishes used for bread, syrup or pastry dough. For sandwich filling take equal parts of sardines (boned and skinned) and cream cheese mashed to a pulp. This produces a combination which tastes exactly like goose liver paste, though much cheaper and more easily digested. To can cranberries, pick over berries, wash and fill glass cans, then add all the cold water the cans will hold, put on rubbers and cover, keep in a cool place do not let freeze and they will be nice all winter.

To drive away roaches mix equal portions of borax, plaster of paris, and white sugar and strew plentifully in their haunts over night. To make rugs last longer—When shaking or clearing rugs never take hold of them at each end, but always at the side. This will retain the original shape of the rugs and at the same time protect and keep the ends from ravelling.

To keep cake fresh.—Cut an apple in half and put in the cake box. The cake will always be found moist and fresh if this is done.

Lenten Dishes.

OYSTERS COOKED WITH RICE. Pick over and wash thoroughly one pint of rice, put in a deep dish,

add one pint of oyster liquor which has been scalded and strained. Pour into a double boiler, cover and cook until the rice is tender and the liquid is absorbed; stir into it while hot one half of a cupful of butter and two beaten eggs. Season highly with salt and partially fill patty pans with the rice. Cover it with oysters. Dust them with salt, pepper and buttered crumbs. Cook about twenty minutes in a quick oven.

EGG OUTLETS WITH CREAM SAUCE.

Make a thick sauce from two tablespoonfuls of butter, three tablespoonfuls of flour, two-thirds of a teaspoonful of salt, one-third of a teaspoonful of white pepper, and one and one-half cupfuls of milk. Have ready six hard-boiled eggs coarsely chopped. To the sauce add a half teaspoonful of chopped parsley, and the eggs, then set aside until chilled. Flour the hands slightly and mold in small outlets, dip each in egg and then in cracker crumbs, and fry golden brown in deep fat. Drain and serve on a hot platter with the following sauce: Melt together in a saucepan one tablespoonful and a half each of butter and flour. Slowly stir in one cupful and a half of hot milk and continue stirring until it is smooth and thick. Season with salt and pepper, draw to one side of the stove and simmer five minutes. Add one-half of a teaspoonful of peas, cook a few minutes longer and remove from the stove.

CHEESE FRITTERS.

Put one cupful of water, two tablespoonfuls of butter, one-quarter of a teaspoonful of salt and a dash of cayenne pepper in a saucepan over the fire. When the water boils throw in quickly one and one-quarter cupfuls of flour and stir until the mixture leaves the sides of the pan. Take off, cover closely and set aside to cool. Then beat in one at a time three large or four small eggs, stir in one-half of a cupful of grated cheese and set aside for half an hour. Then drop by the teaspoonful into smoking fat and cook until golden brown. Serve hot or cold.

DEVONSHIRE OMELET.

Beat separately the white and yolks of eight eggs until light, add to the yolks one cupful of milk and one tablespoonful of flour blended with a little of the milk, the juice of one small onion, one tablespoonful of chopped parsley, one-quarter of a teaspoonful of pepper and ten drops of lemon juice. Add the white and beat together for five minutes. Melt one teaspoonful of butter in a frying pan, pour in one-half of the mixture, turn and fold over until done. Take out on a heated dish, cook the remainder of the mixture and serve at once.

BAKED FISH WITH MUSTARD.

Select one large fish or several small ones. Dredge with salt and pepper and spread over with a paste made by rubbing half a cupful of butter into equal quantity of flour. Select some large, crisp mustard leaves, such as are sold in cans, wash and dry them and roll the fish in them until it is entirely covered. Bake in a buttered pan until done. This is very nice cold.—Western Watchman.

About Apples.

Every one knows "an apple a day will keep the doctor away," and nearly everyone likes apples, but few eat one a day. The fruit need not always be eaten raw, however, to obtain healthful results. Apples baked in the following manner make an attractive and delicious dish: Make a rich pastry as for a pie and roll into a sheet. Cover with slices of ripe apples, plenty of sugar, butter and nutmeg or cinnamon. Then roll up the sheet, wetting the edges so they will stick together; then cut the roll in pieces about two inches long, stand these in a well greased shallow pan and bake an even brown.

You will find there could be nothing more delicious than Dutch apple pie when covered with whipped cream that has been slightly sweetened and flavored.

About Silver Spoons.

Careful women have in some cases had their silver spoons dipped in gold so that the stains from eggs will not have to be fought against. They do not realize that a simple application of fine table salt on a wet cloth will take off any stain and leave the silver entirely bright. After this it should be washed in warm water and pure soap. Many women leave silver spoons in preserves from one meal to another remarking that the articles are silver and the fruit acid will not ruin them. But do they stop to think what the silver will do to the fruit? It poisons it, even though the spoon is silver. There is a chemical process between the fruit acid and metal which makes the fruit unfit for use. This is even more so where genuine silver is not used. Lard will turn a spoon green in a few days in hot weather, yet often a silver spoon will be left in the lard can.

What is Worn in London

March 1, 1910. Now is the time for pleasant hours of friendly talk by the fireside, over the tea-cups, when each fresh visitor brings in some fresh item of news, and conversation sparkles as brightly as flame the sea-logs on the crackling fire. It is just the season for such reunions: the days are not yet long enough to tempt one to stay out late, nor so cold as to

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Surprise

A pure hard soap.

Make one's visitors reluctant to be out of doors, and there is not the rush of afternoon functions which destroys all pleasant visiting in the season later on. This is par excellence the time of tea and talk, and as such it merits a special garb of ease and beauty, such as one we were privileged to see at a leading modiste's. It was an adaptation of a lovely déshabille, worn by Mile. Brandès in Marcel Prevost's play, "Pierre et Thérèse," which has been such a success at the Gymnase in Paris, and it certainly conveyed the latest Parisian ideas on the subject of grace in tea-gowns. The foundation of the scheme was the usual fourreau of satin, without which it does not seem possible to make a successful evening or indoor dress nowadays. The shade chosen was rather pale rose pink entirely covered with mousseline de soie of the same tender color, which was set in full on the shoulders and draped softly across the figure to the waist, where the folds were held by an ornament. The vest between the folds of mousseline de soie was embroidered with flowers in raised ribbon work in pale pastel colors of blue, pink, mauve, and green intermixed with silver threads; and where the bodice was cut out at the base of the neck, it was finished with a band of silver lace. Over this pink robe was a most graceful version of the fashionable transparent redingote made in mist-grey chiffon, cut all in one, with long angel sleeves that rippled in "waterfall" folds down each side, the folds being caught together very low down with a silver tassel. The coat was bordered in silver embroidery that was carried up the front at each side over the shoulder and down the back in corresponding lines, which gave a wonderfully graceful effect to the figure. The sleeves were also bordered with silver embroidery, and a little band of the same made a slight suggestion of a bolero between the descending lines of embroidery at the back.

It was, indeed, a dream of a tea-gown, soft in texture, exquisite in its blending of pale rose and grey and silver, and most obviously comfortable to wear, which was a great point in a tea gown; for nothing is more attractive to visitors, especially if they be of the masculine gender, than to find a hostess looking so supremely at her ease in her beautiful flowing garments that it gives an altruistic delight to all beholders and makes them feel a sense of repose and serenity which nurtures the spirit of friendship and conversation. It is extraordinary how many people, and usually the most brilliant, are affected by the surroundings in which they find themselves when paying visits. How can one's tongue and brain work freely when one is sitting in a room where the hostess is sitting entrenched behind a tea-table, in a stiff chair, and habited in a morning dress of dark woolen material with a short skirt and a stiff collar-band? All the babble one had ready to talk and laugh over shrivel up on the spot; and the little God of Laughter and Anecdote, the Billiken of the tea-table, and tumblers off his pedestal and lies prone and helpless among one's scattered absurdities. On the other hand, when one finds one's hostess curled up on a sofa among a pile of embroidered cushions of different but harmonizing colors, surrounded by flowers, books, and the latest reviews and papers, herself garbed in some such exquisite robe as the one in rose pink and mist-grey, with a low table beside her, but not acting as a barricade, on which are the tea and sandwiches which are so comforting towards five o'clock, then one's faculties rise to their brightest, sure of sympathetic comprehension; and the story, anecdote, criticism of passing events, all flash into existence to do honor to the rose pink and mist-grey robe and its harmonious surroundings.

Another very charming French tea-gown that I saw recently was in orange cashmere de soie, with a band of aluminium and turquoise embroidery round the skirt at a little distance above the hem, this embroidery being repeated on the front of the bodice and running round the edge, where it was cut away in a shallow décolletage a little below the base of the throat. The inevitable redingote, or over-robe, which seems to be an inseparable adjunct of all tea-gowns at present (and a very charming one also), was in course brown fisher-net embroidered with aluminium and turquoise; but instead of being cut like a redingote the fronts were gathered tightly and narrowly on each shoulder under a big turquoise button, meeting similar folds from the

back, where the fish-net was cut away in a point below the waist, leaving the back of the orange bodice uncovered except for the folds drawn up to each shoulder, the rest of the dress being entirely covered with the brown fish-net which reached to the hem of the under-robe. The whole effect of the dress, with its warm colors of orange, and brown contrasting with the cold colors of the aluminium and turquoise, was distinctly original. For those who do not mind expense or who possess that "pearl of great price," a really good and trustworthy dry cleaner, nothing is more lovely than a tea-gown of ivory velvet, bordered with a narrow band of sable or mink. Such a tea-gown is best achieved when the velvet is used as the redingote over an under-fourreau of palest tea-rose Liberty satin, veiled in finest silver tulle over Alençon lace, worn with a redingote of ivory velvet bordered all round with fur, would be indeed a sight worth seeing on the right wearer.

HOPELESSLY UNREGENERATE.

The 4-year-old descendant of a line of Baptist ministers was found on tiptoe struggling to immerse her kitten in the rainwater barrel. The kitten was equally frantic in her efforts to avoid immersion in her efforts to avoid kicking, clawing and wriggling, managed to free herself from her small mistress. As the tip of the little tail disappeared over the wall the disappointed missionary ejaculated, "You won't be a Baptist! Then go and be a Presbyterian!"

A ONE WORD EPIGRAM.

"There is only one word, epithet in America," said the undertaker. "It is in the town of Worcester. I believe it is quite a drawing card. Holiday makers come to see it from miles around. The epithet consists of the word 'Gone.' A Worcester auctioneer lay dying. He whispered to his wife, with a quiet smile: "I've been 'going, going,' all my life. Now I'll soon be 'gone.' Put that on my tombstone, dear, that one word 'Gone' only." "The wife complied."

A DIFFERENT PREPOSITION.

A negro came running down the lane as though the Old Boy were after him. "What are you running for, Mose?" called the colonel from the barn. "I ain't a-runnin' for," shouted back Mose. "I see a-runnin' from!"

HEADACHE

Burdock Blood Bitters.

The presence of headache nearly always tells us that there is another disease which, although we may not be aware of it, is still exerting its baneful influence, and perhaps awaiting an opportunity to assert itself plainly. Burdock Blood Bitters has, for years, been curing all kinds of headaches, and if you will only give it a trial we are sure it will do for you what it has done for thousands of others.

Mrs. John Connors, Burlington, N.S., writes: "I have been troubled with headache and constipation for a long time. After trying different doctors' medicine a friend asked me to try Burdock Blood Bitters. I find I am completely cured after having taken three bottles. I can safely recommend it to all." For sale by all dealers. Manufactured only by The T. Milburn Co., Limited, Toronto, Ont.

Vertical list of advertisements on the right margin, including: MORRISON, KAVANAGH, LAWRENCE, D. H. WELLS, W. G. K., ST. PATRICK'S, Synopsis of Canada, HOMESTEAD R, SELF RAISING, Brodie's Celest, SELF-RAISING, RELIGIOUS INST, LA PRESSE PHOTO ENG.